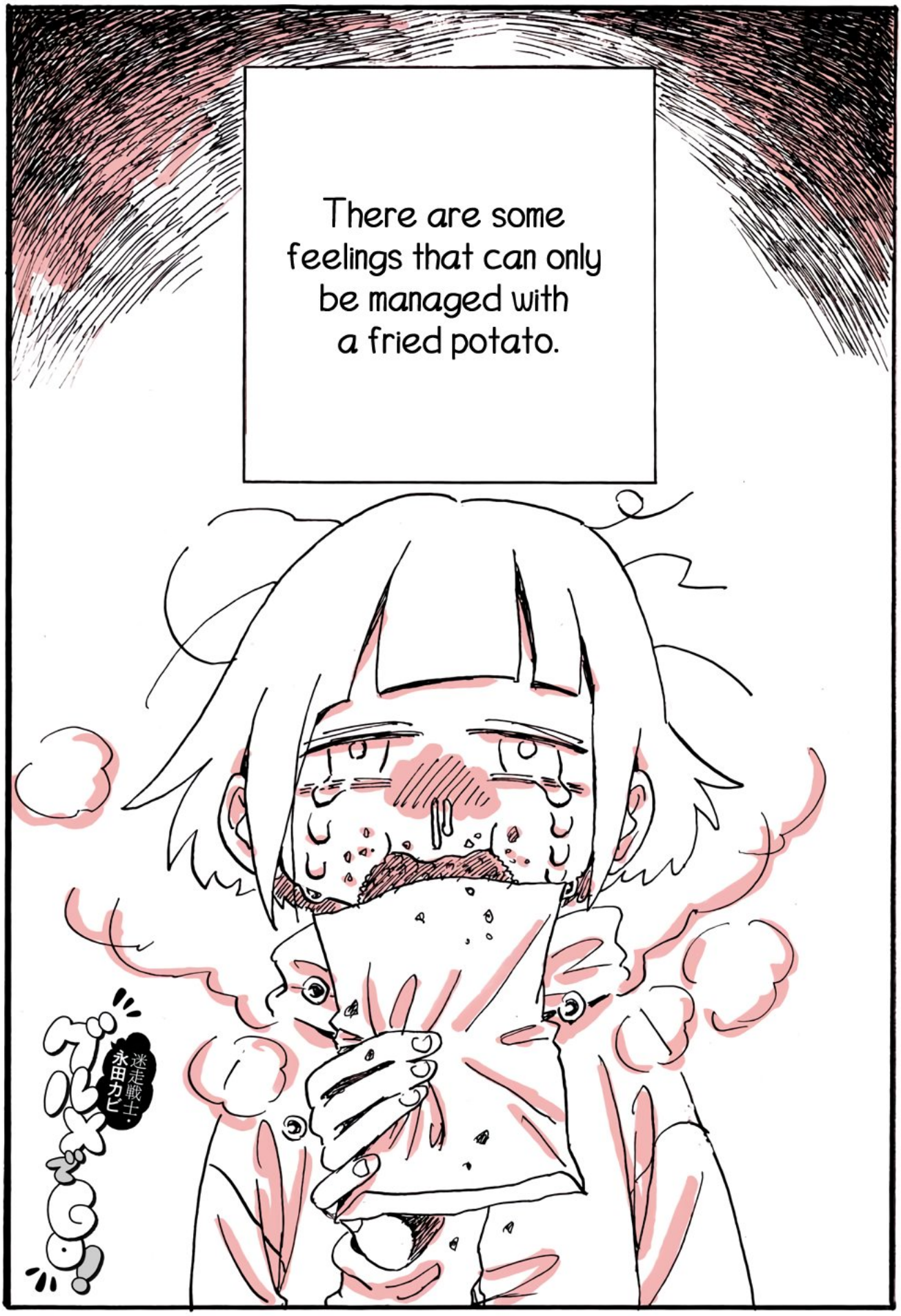
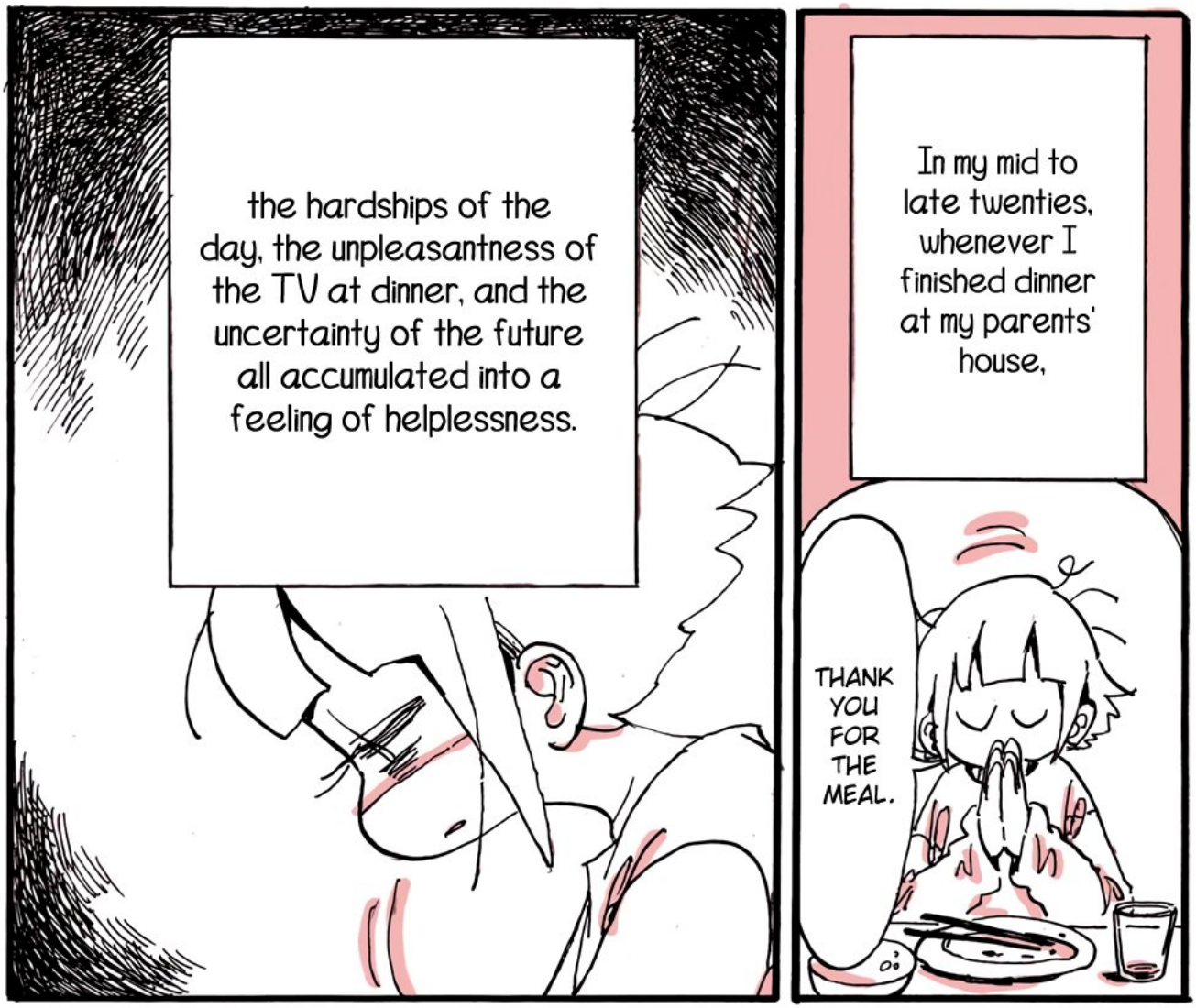
My Twisted
Eating
Disorder
(true) story & art by
Nagata Kabi

Go! Go! Go!
迷走戦士・永田カビ
ぐしぇぐしぇ
永田カビ



Chapter 0「I'll Take the Oil Punch From a Convenience Store Croquette」


the hardships of the day, the unpleasantness of the TV at dinner, and the uncertainty of the future all accumulated into a feeling of helplessness.
In my mid to late twenties, whenever I finished dinner at my parents' house,
THANK YOU FOR THE MEAL.

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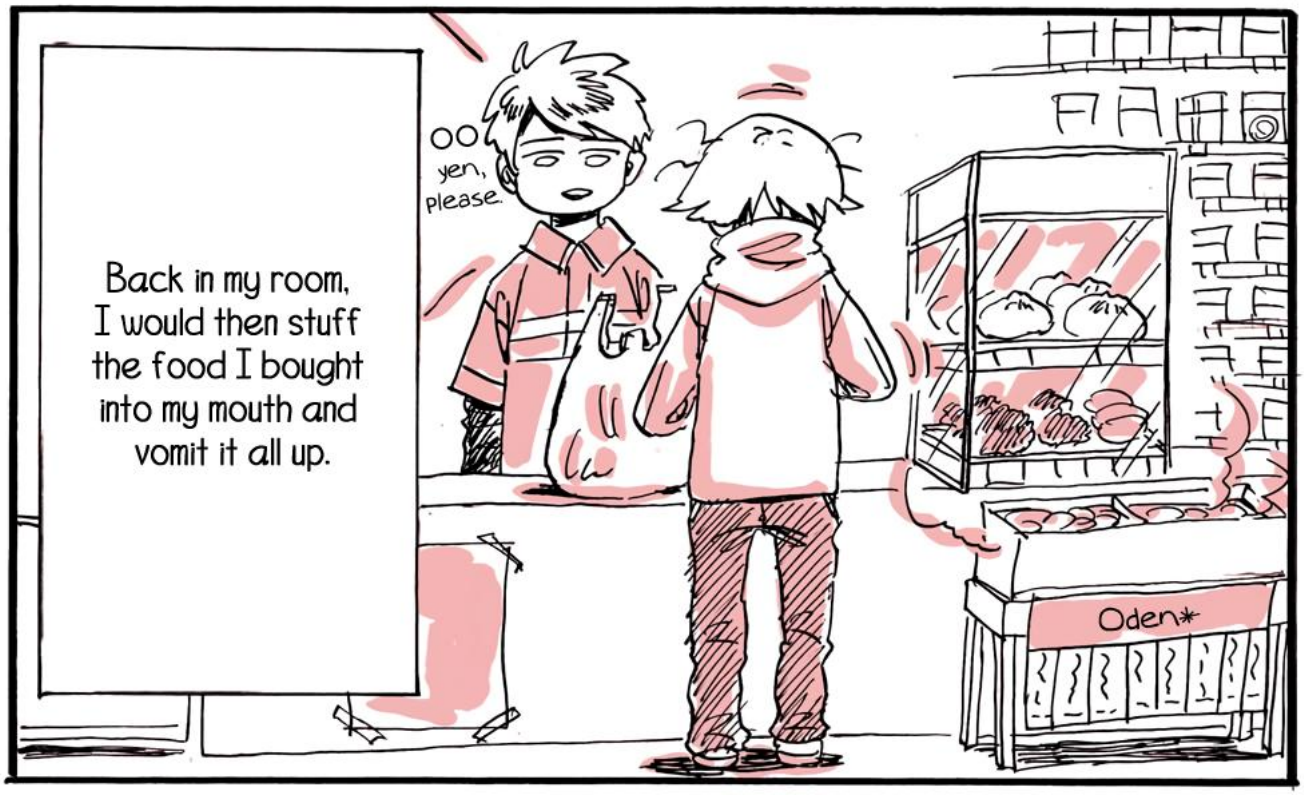
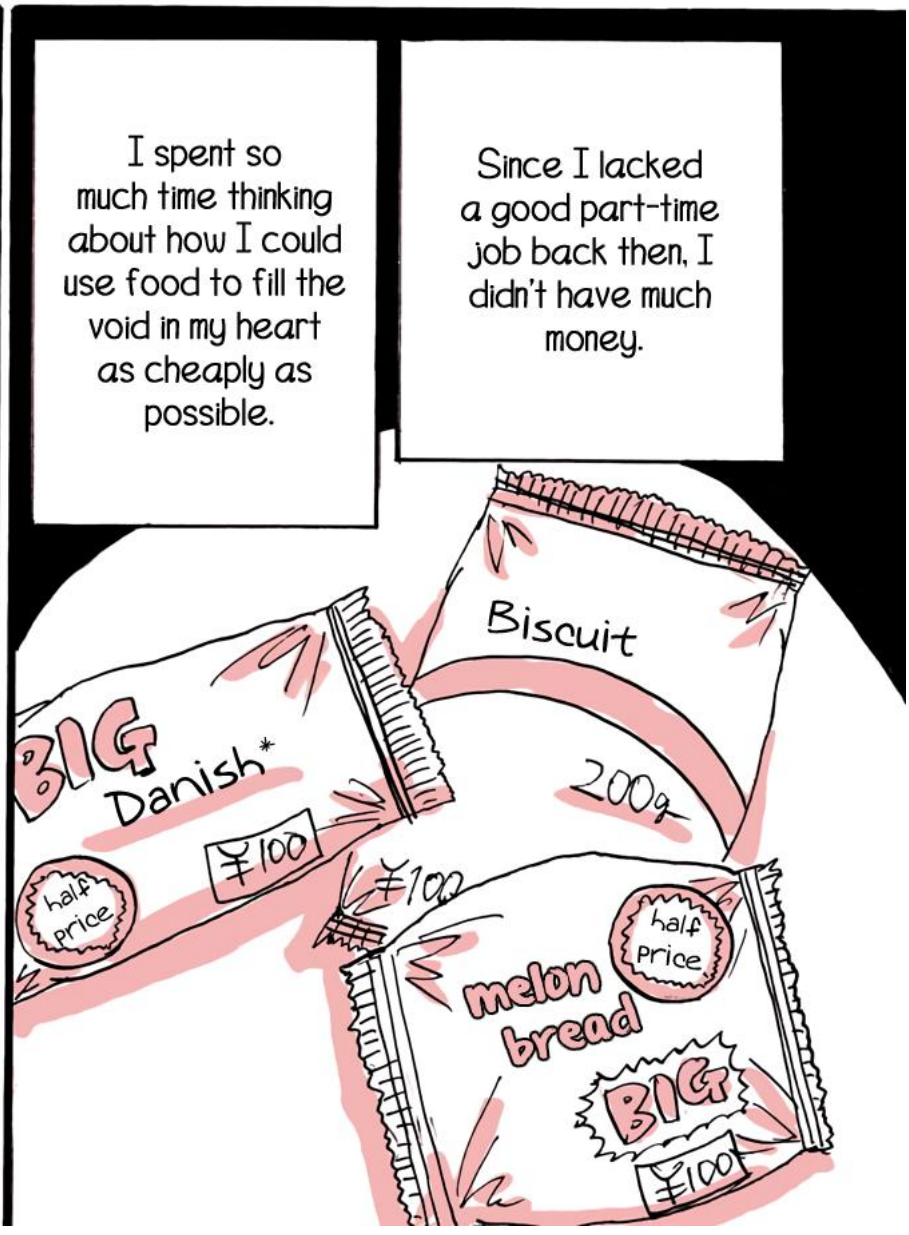
cre
The first thing I used to do every day was to go get some food from the convenience store.



*A Japanese one-pot dish consisting of ingredients such as fish balls and hard-boiled eggs simmered in a soy-sauce based broth, commonly eaten in the winter.

*A Viennese pastry and specialty of Denmark and adjacent Scandinavian countries.


I spent so much time thinking about how I could use food to fill the void in my heart as cheaply as possible.
Since I lacked a good part-time job back then, I didn't have much money.
BIG Danish*
¥100
half price
Biscuit
200g
¥100
half price
melon bread
BIG
¥100

and convenience store croquettes.

At the time, I often bought large, cheap pastry breads, huge bags of 100-yen sweets,

crisp

First of all, I felt less miserable when they were warm.

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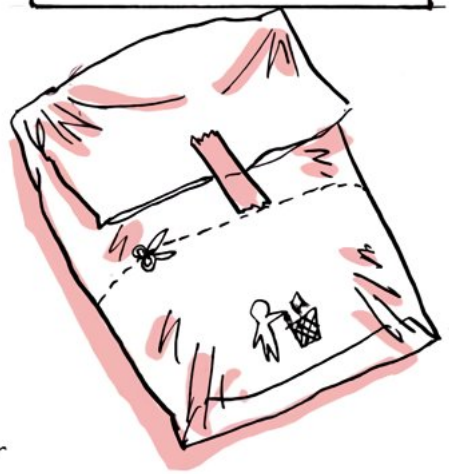
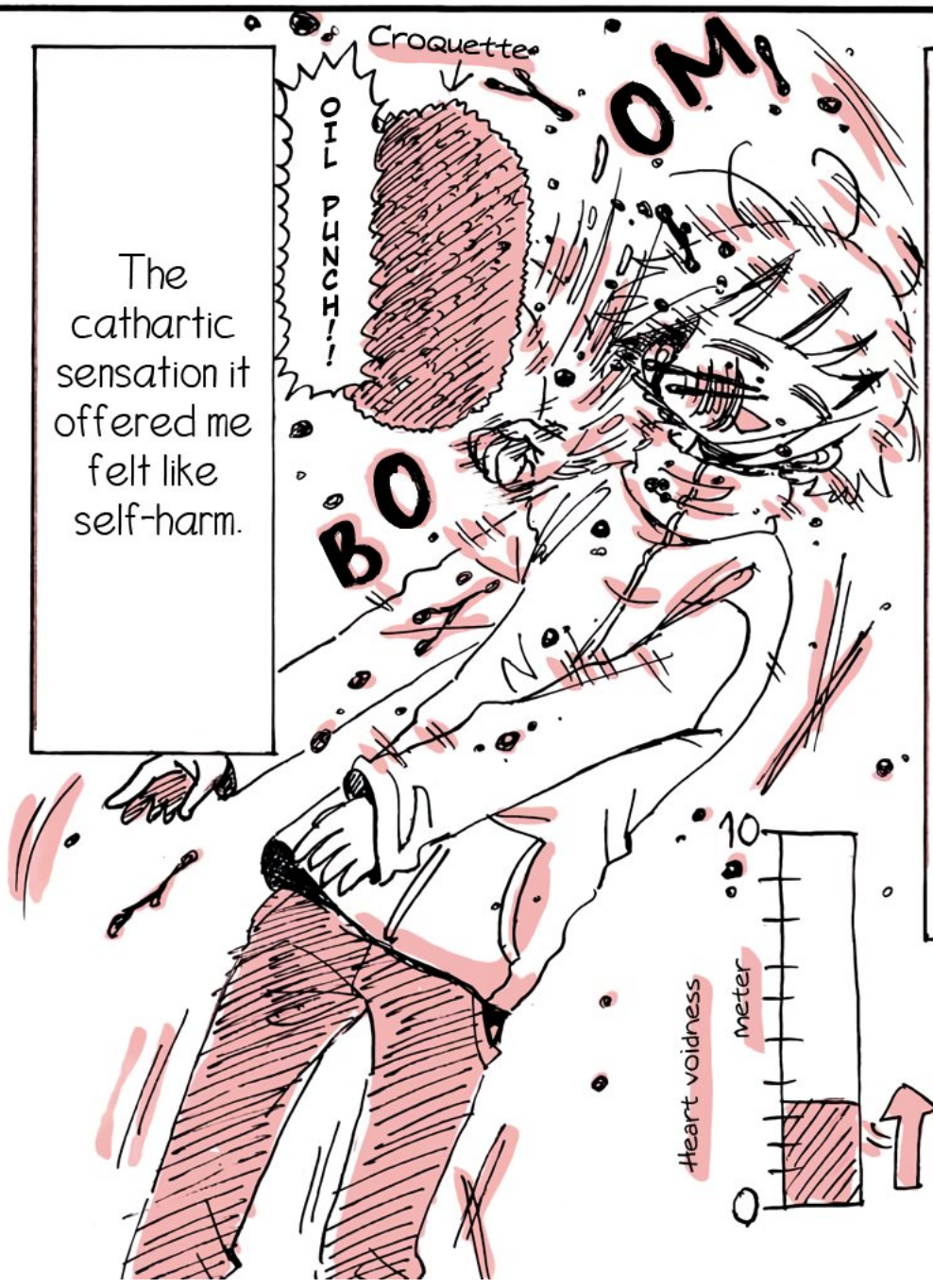
R

Convenience store croquettes are about 80 yen, which is satisfyingly cost-effective.



(I think it was in the 60 yen range around then.)

Secondly, the lightness of the crispy coating.



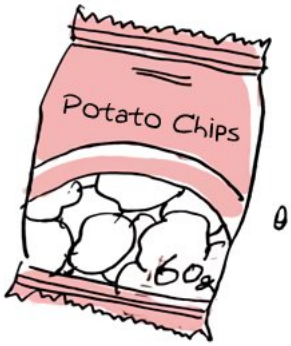
The cathartic sensation it offered me felt like self-harm.

Last but not least, the potatoes would absorb so much oil that it would ooze into your mouth non-stop.

There isn't enough volume in a potato chip to retain oil, since potatoes absorb as much oil as possible.

Potato Chips.

• Thin in thickness.



Just like fried potatoes, potato chips won't pacify my delirious heart.

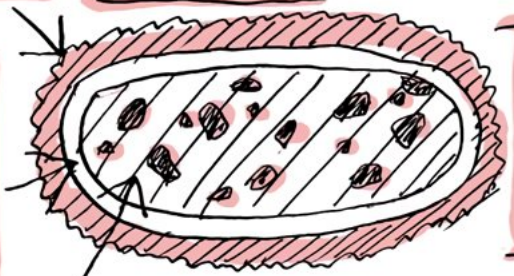
*A method of cooking potatoes by shredding and pan-frying them.

Excellent at absorbing and retaining oil.

Croquette.

All of these will absorb and retain the oil.

- Coating.
- A layer of flour.
- Filling.

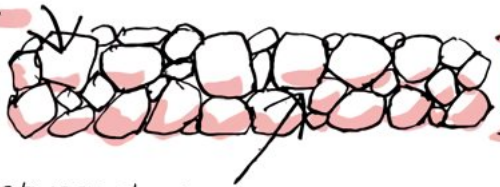


• Thickness.

Hash Brown.

Absorbs and retains oil.

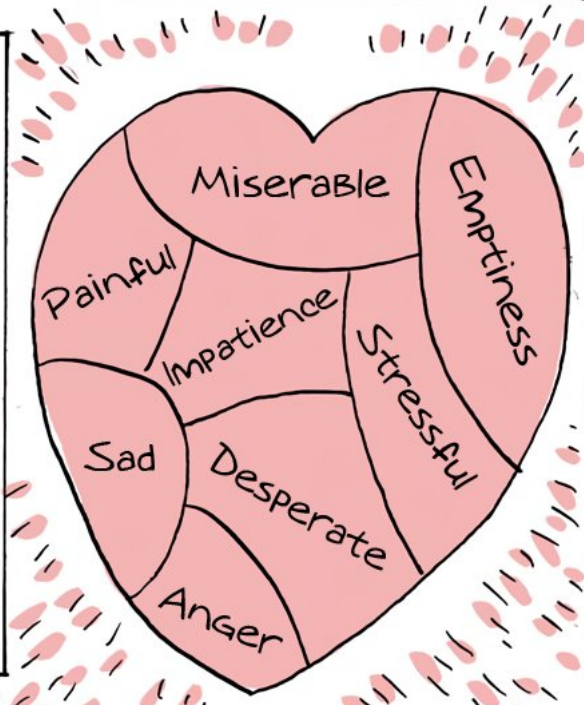
- Potato chunks
- Gaps between chunks.



• Thick-ness.

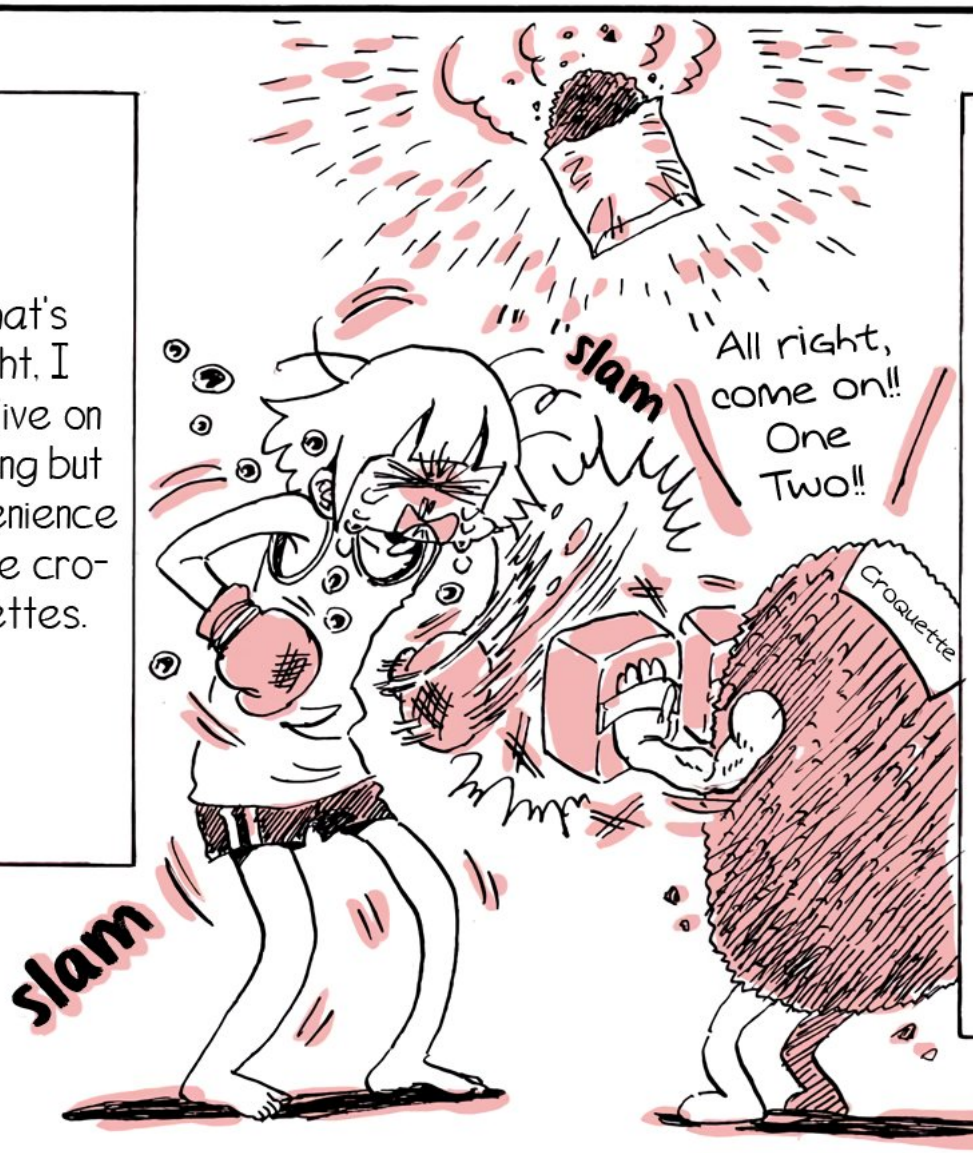
On the other hand, croquettes and hash browns* are...

There are certain feelings that can only be expressed because of the existence of "potatoes drenched in oil".

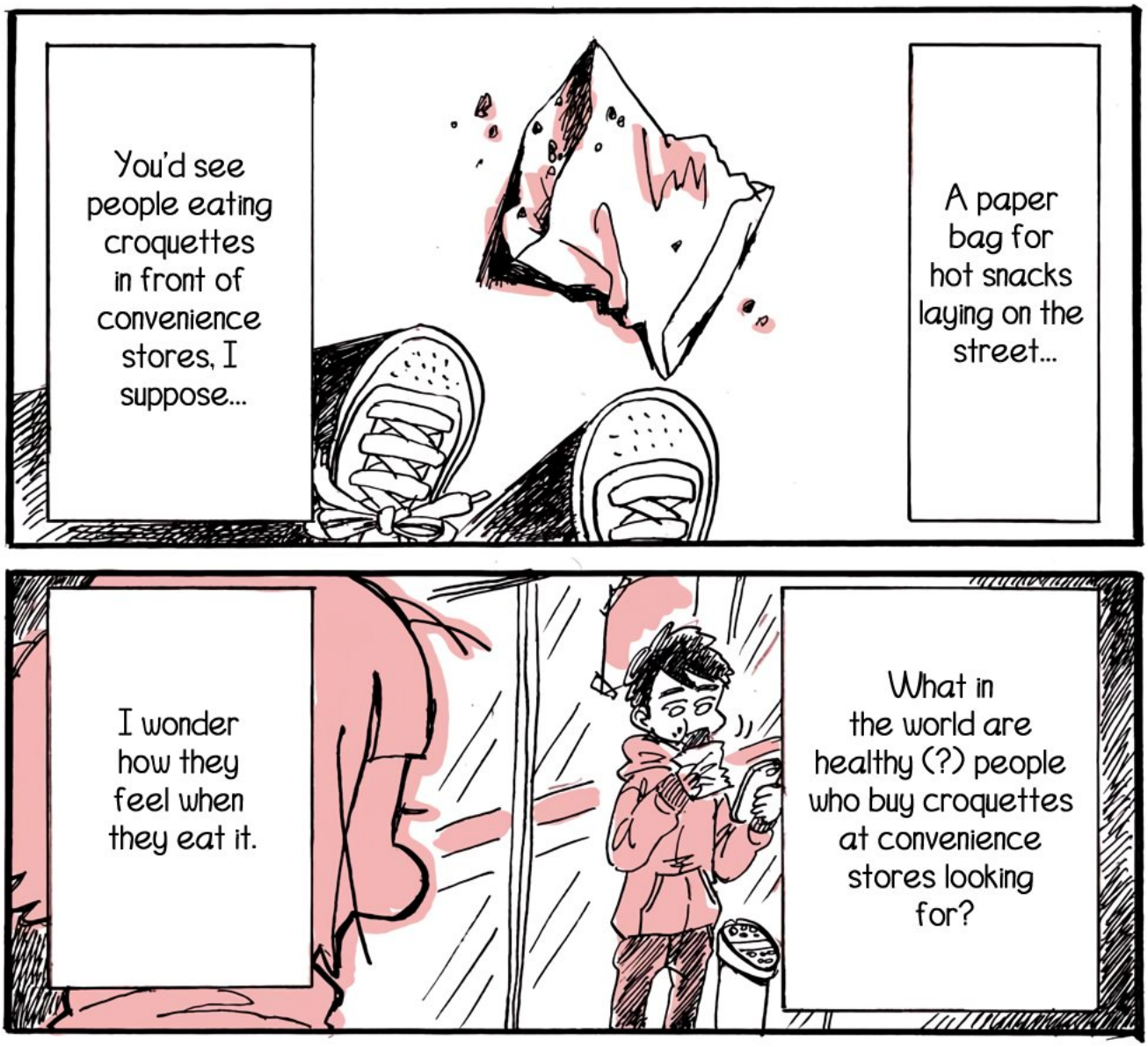


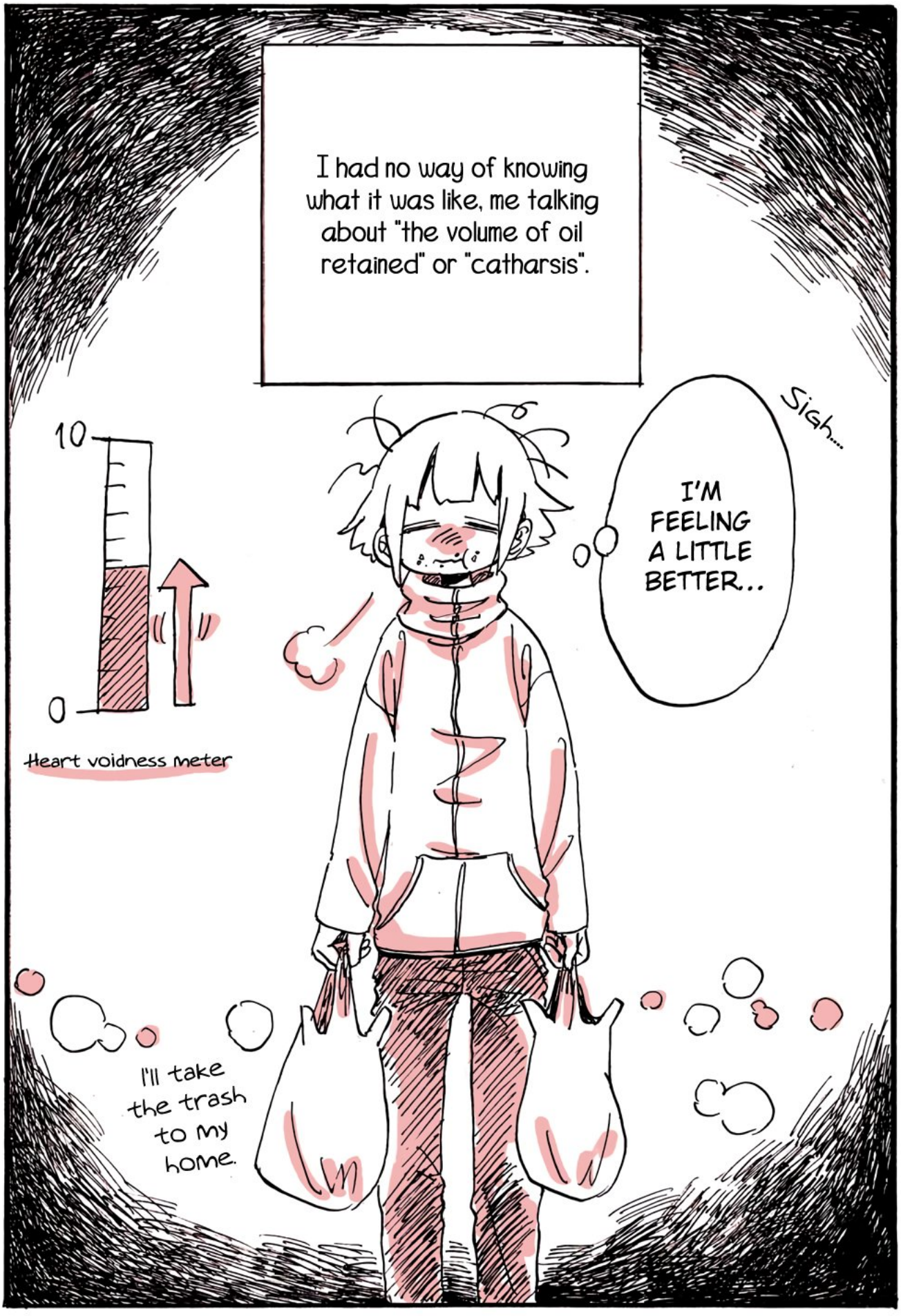
In short, it's like a 'fried potato'.

That's right. I can live on nothing but convenience store croquettes.



You can rely on them like a punching bag for expressing those feelings, and it's only 80 yen a piece.


You'd see people eating croquettes in front of convenience stores, I suppose...
A paper bag for hot snacks laying on the street...
I wonder how they feel when they eat it.
What in the world are healthy (?) people who buy croquettes at convenience stores looking for?
I wonder what it tastes like.


I had no way of knowing what it was like, me talking about "the volume of oil retained" or "catharsis".
10
0
Heart voidness meter
Sigh....
I'M FEELING A LITTLE BETTER...
I'll take the trash to my home.

Suddenly, it seems that I've been suffering from an eating disorder for almost 14 years.

Chapter 1

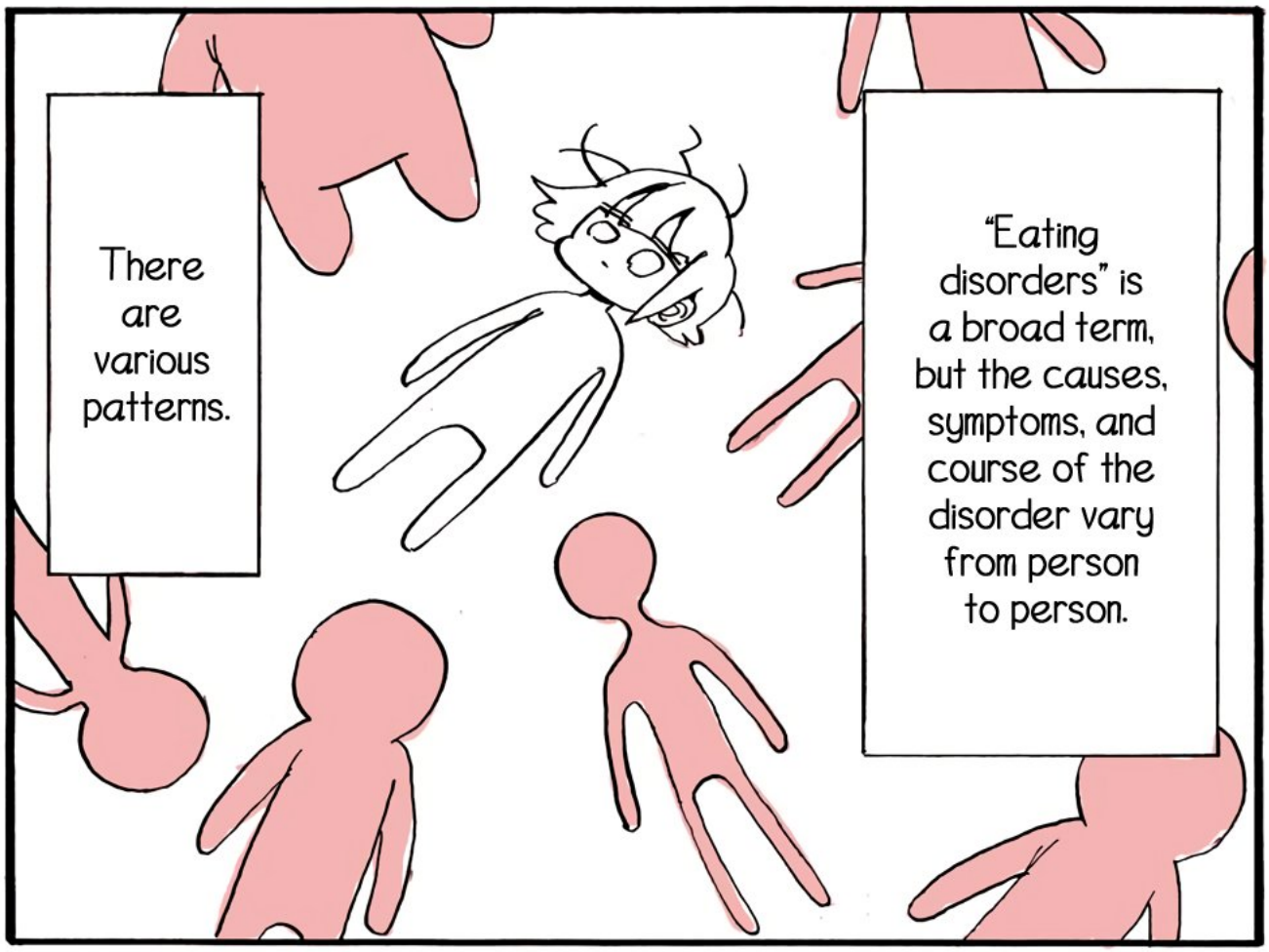
「This Is a Warped Food Report」

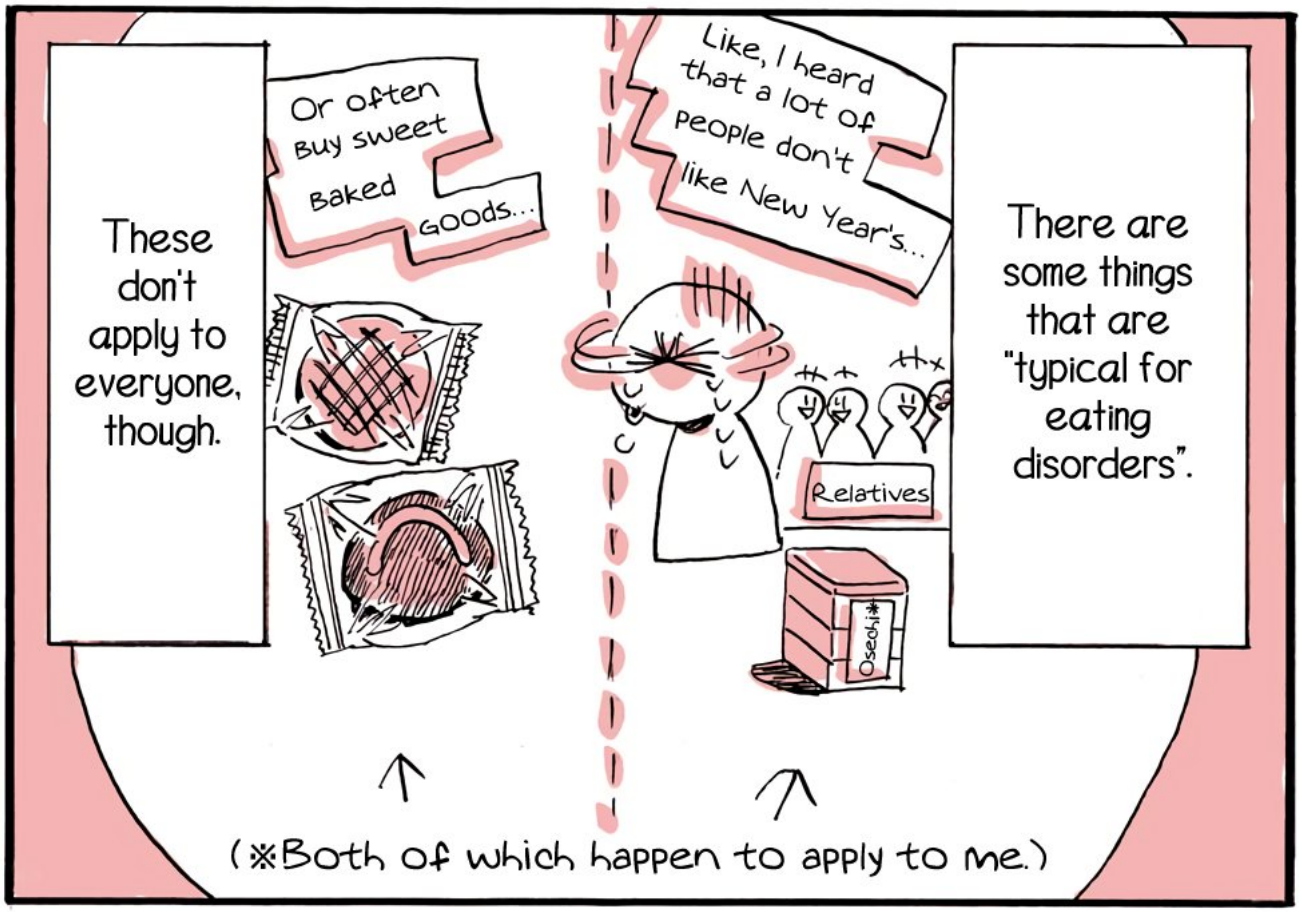
I am a manga artist with a focus on essays.

Here's what I've already published.

My Lesbian Experience With Loneliness
My Solo Exchange Diary
My Solo Exchange Diary 2
My Alcoholic Escape from Reality

Hello, my name is Nagata Kabi.


There are various patterns.
"Eating disorders" is a broad term, but the causes, symptoms, and course of the disorder vary from person to person.

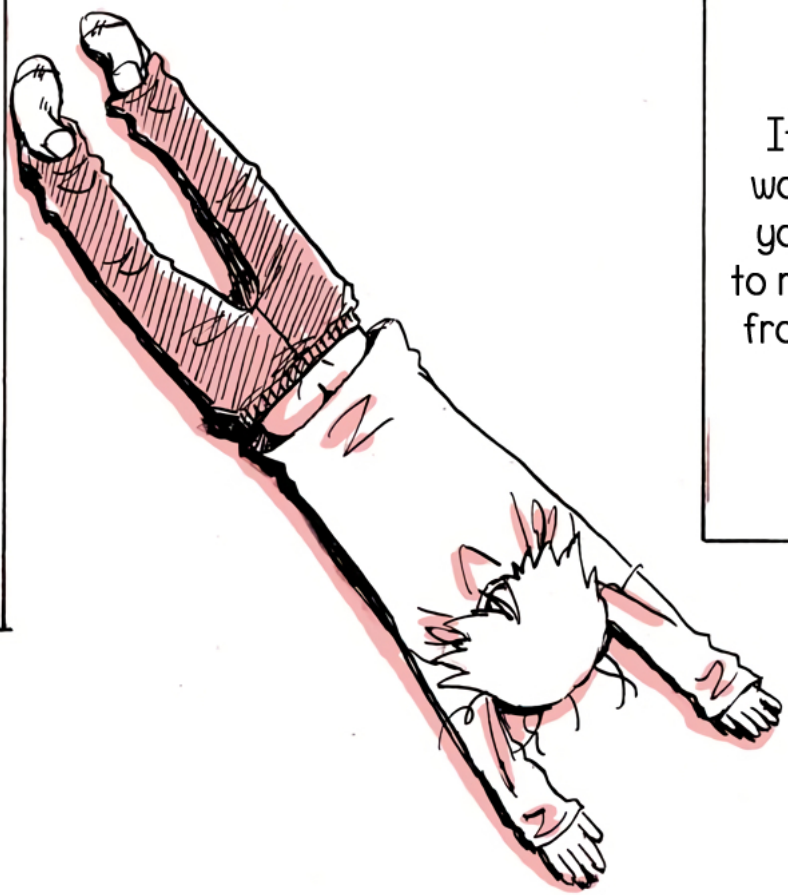

These don't apply to everyone, though.
Or often buy sweet Baked Goods...
Like, I heard that a lot of people don't like New Year's...
Relatives
Osechi*
There are some things that are "typical for eating disorders".
(※Both of which happen to apply to me.)

*TRADITIONAL JAPANESE NEW YEAR FOODS.

I hope you understand that this won't be something that properly educates you on eating disorders and how people experience them.

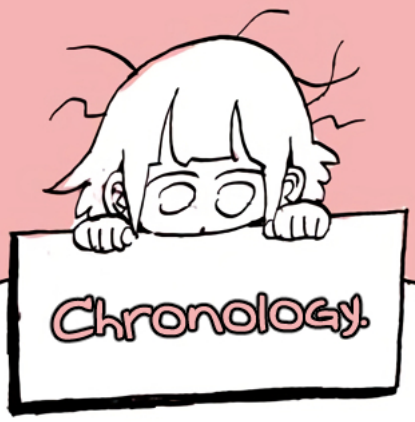
So, what I'm going to describe from here on is just my personal case.

Thank you for your under-standing.



It also won't tell you how to recover from them.

The following is a brief summary of the onset, progress, and current situation.



As mentioned before, this is just my experience.

Around 18 years old ~ around 19 years old.

- Onset, anorexia, 37 kg (168 cm).

Around 20 years old.

- Overeating for a change, 62kg.
- Normal eating habits for once, around 50kg.

Around 21 years old?

- Learnt to throw up food.
- Basically overeating and vomiting all the time.
- Attending parent and child counselling for eating disorders.

Present (33 years old.)

- Overeating and vomiting at every meal has become the default.
- I'm not in counselling or therapy right now.
- I no longer want to get better, I'm about 40-50 kg.

(※I don't overeat or vomit when I eat out or when I'm in the hospital, as expected.)

...of writing this seemingly pointless story.

THUMP

I DON'T KNOW...

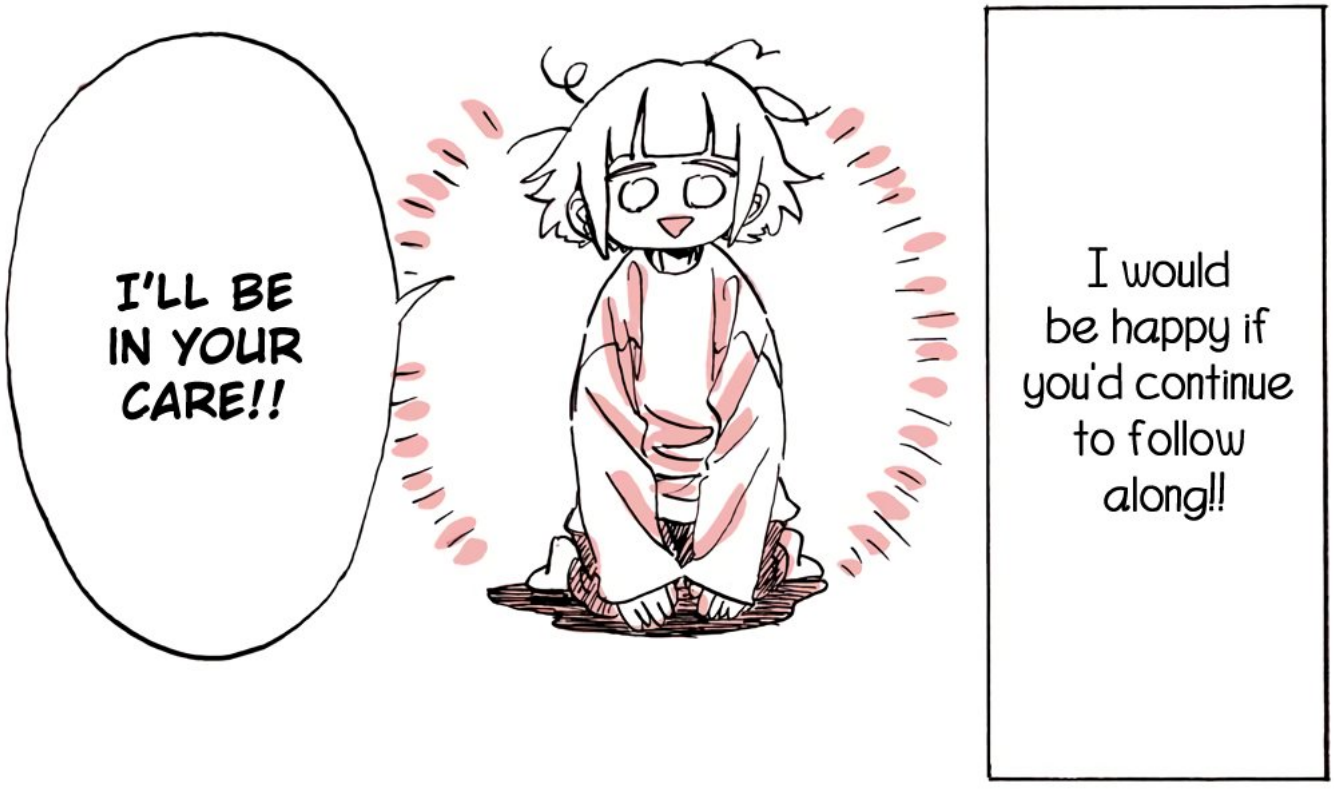
So then, what might be the point...

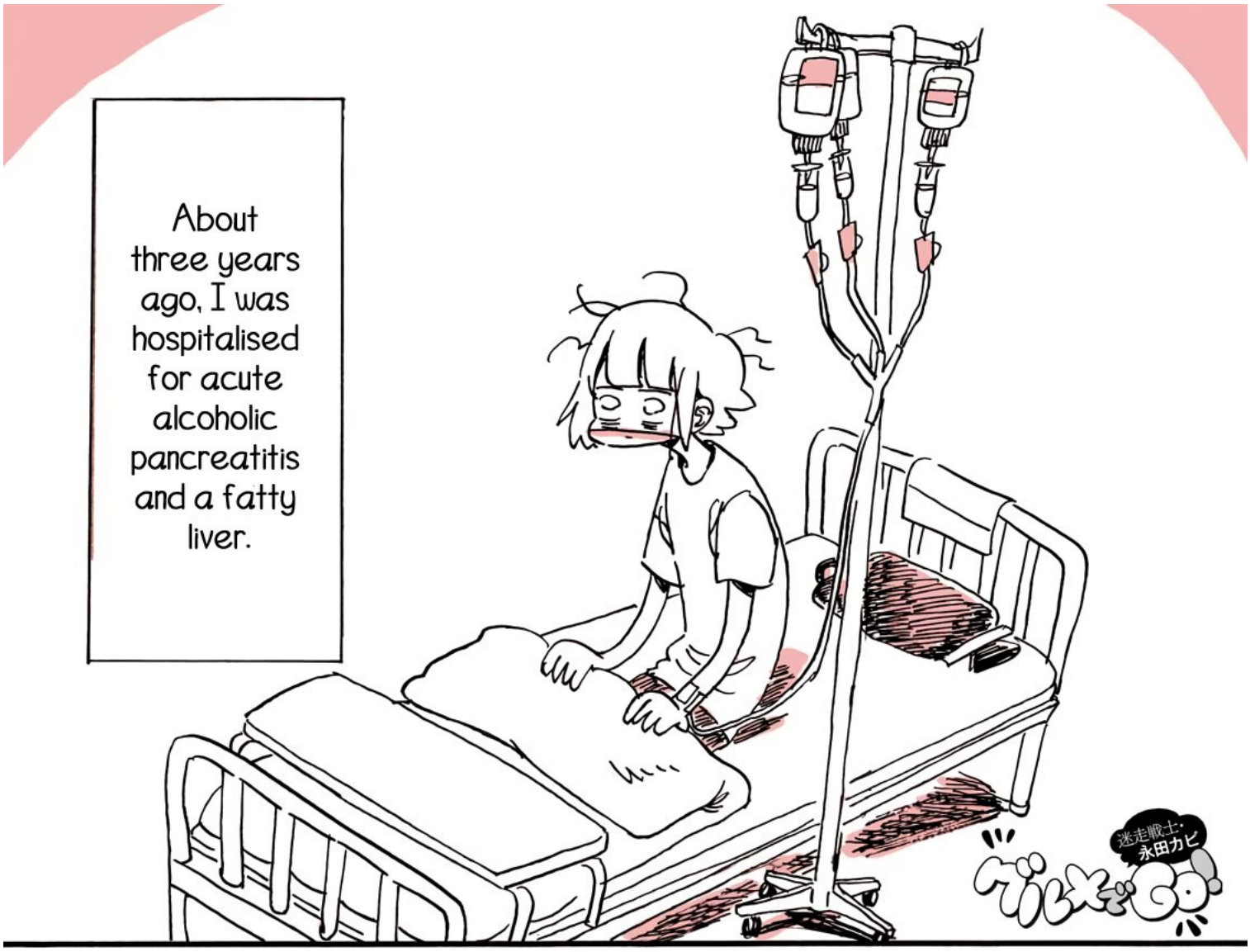
I'm hoping to depict something like, "this is what it's like to look at everyone's familiar foods from my perspective."

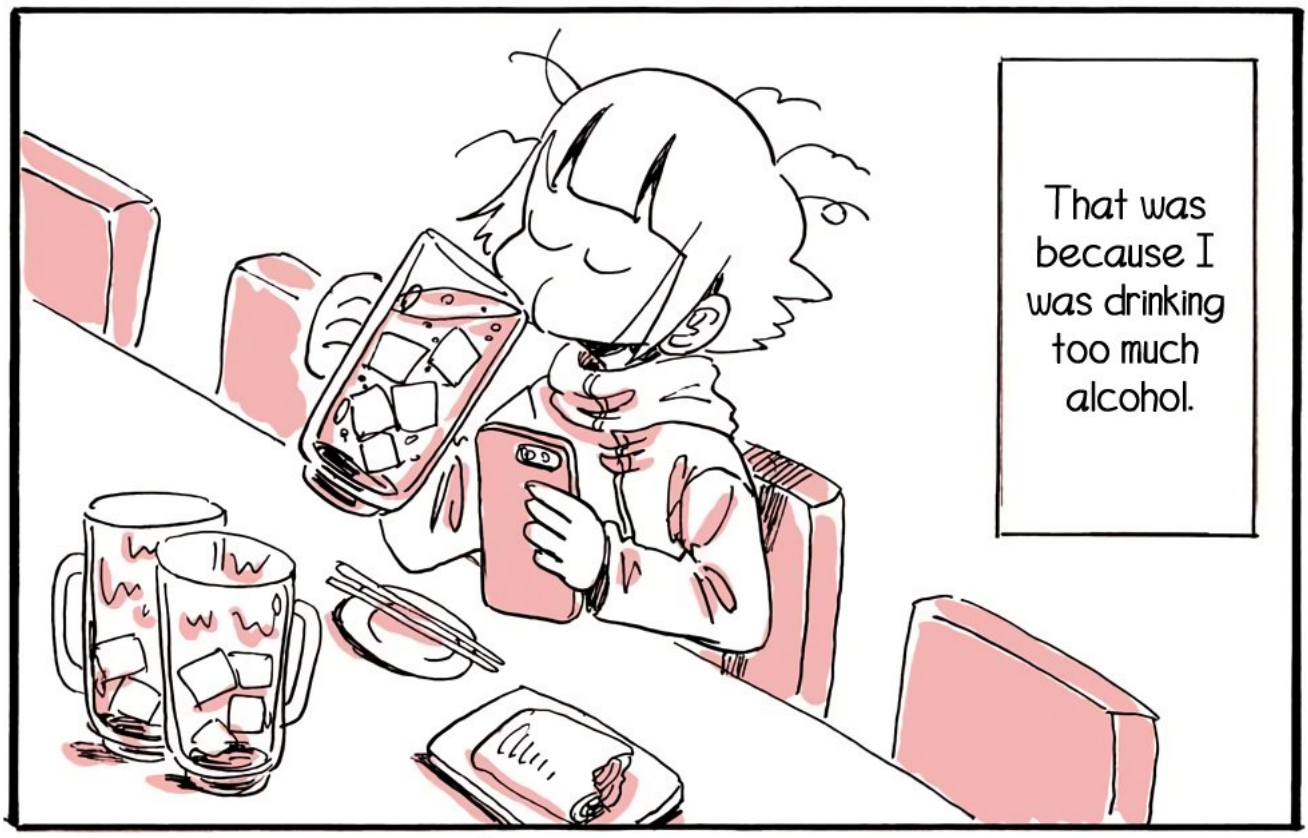
I'm going to write about my distorted eating habits, which I left out of my previous books, openly and clearly.

※It had nothing to do with those stories...

WE STARTED...
That's why I was so quick to provide such a warped food report.
...WITH TAKING A LOOK AT "CONVENIENCE STORE CROQUETTES".
CRUNCH

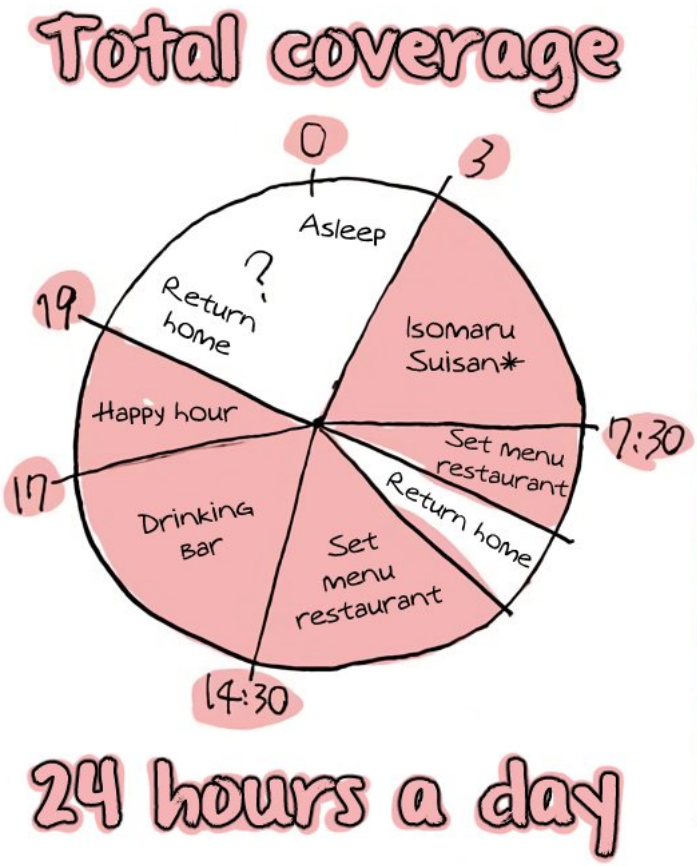

I'LL BE IN YOUR CARE!!
I would be happy if you'd continue to follow along!!





Chapter 2「This Is What Happens When You Drink Around the Clock, Every Day」

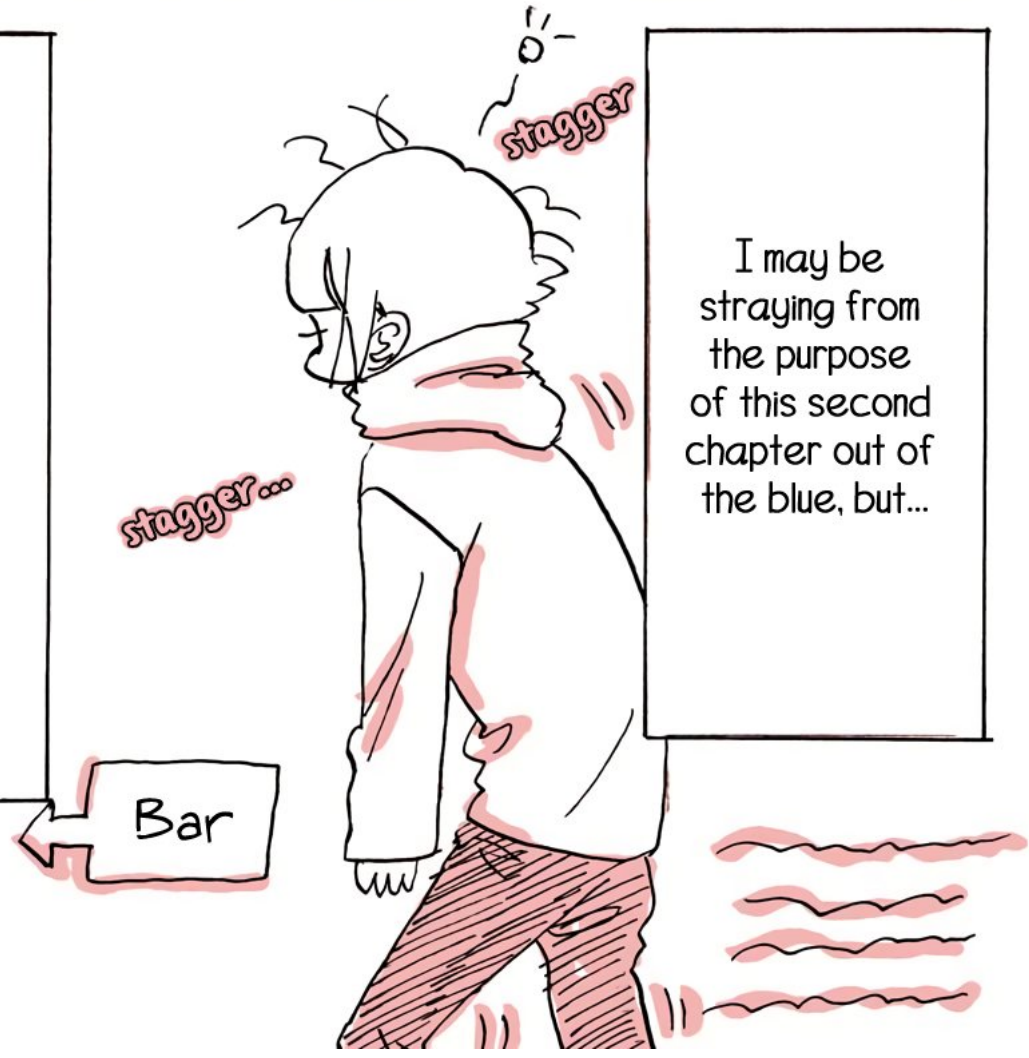
the timetable for drinking around the clock looked a bit like this.



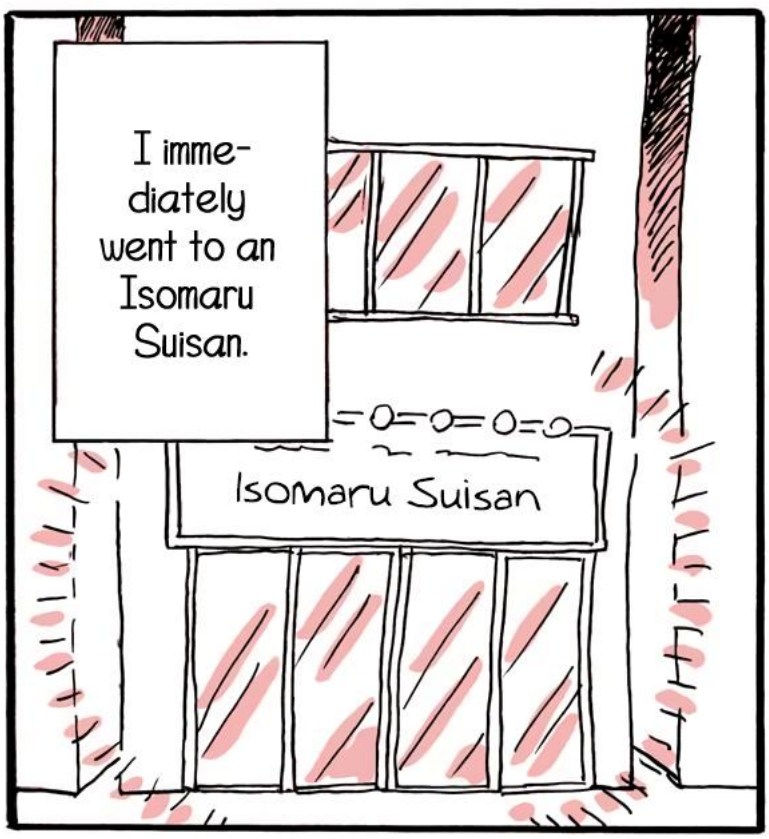
When I was out drinking before I was admitted,

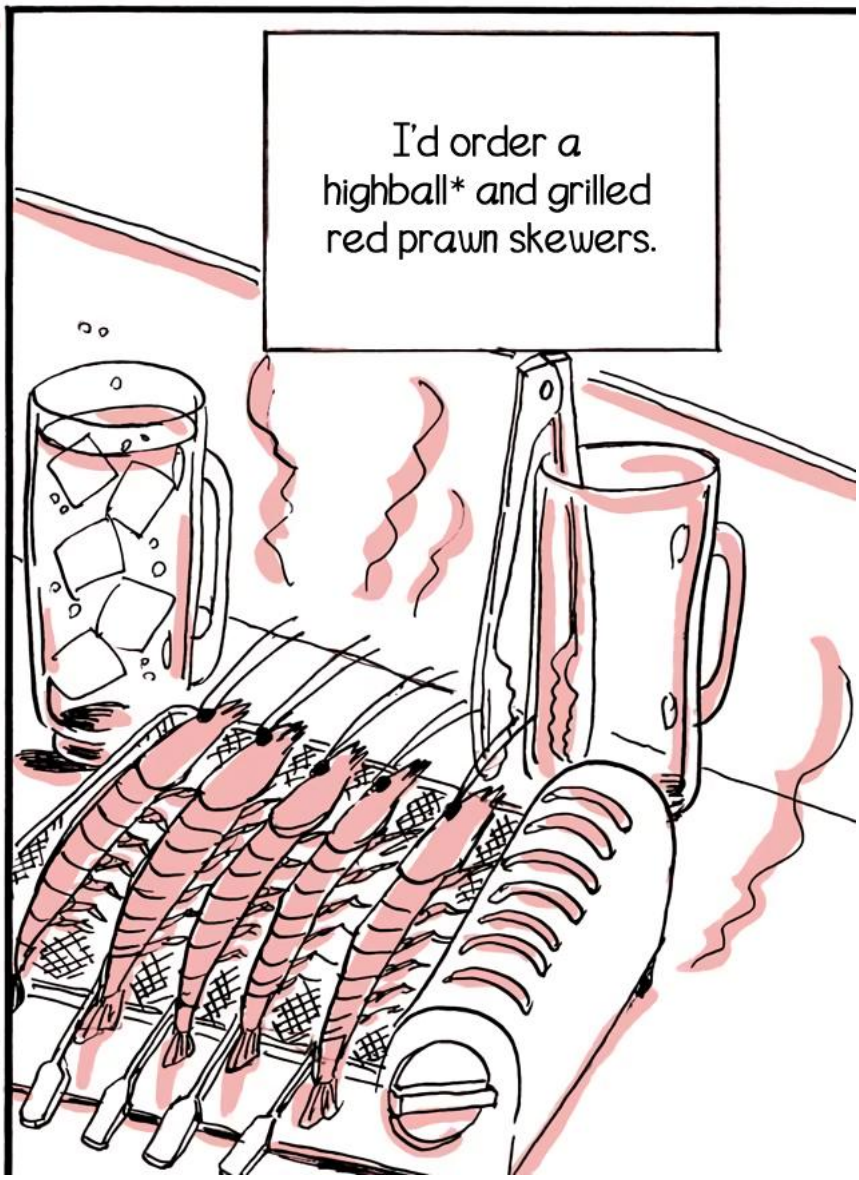
*An izakaya (informal Japanese bar serving food and alcohol) chain specialised in seafood dishes.

...this time I'm going to try to paint a clear picture of it.

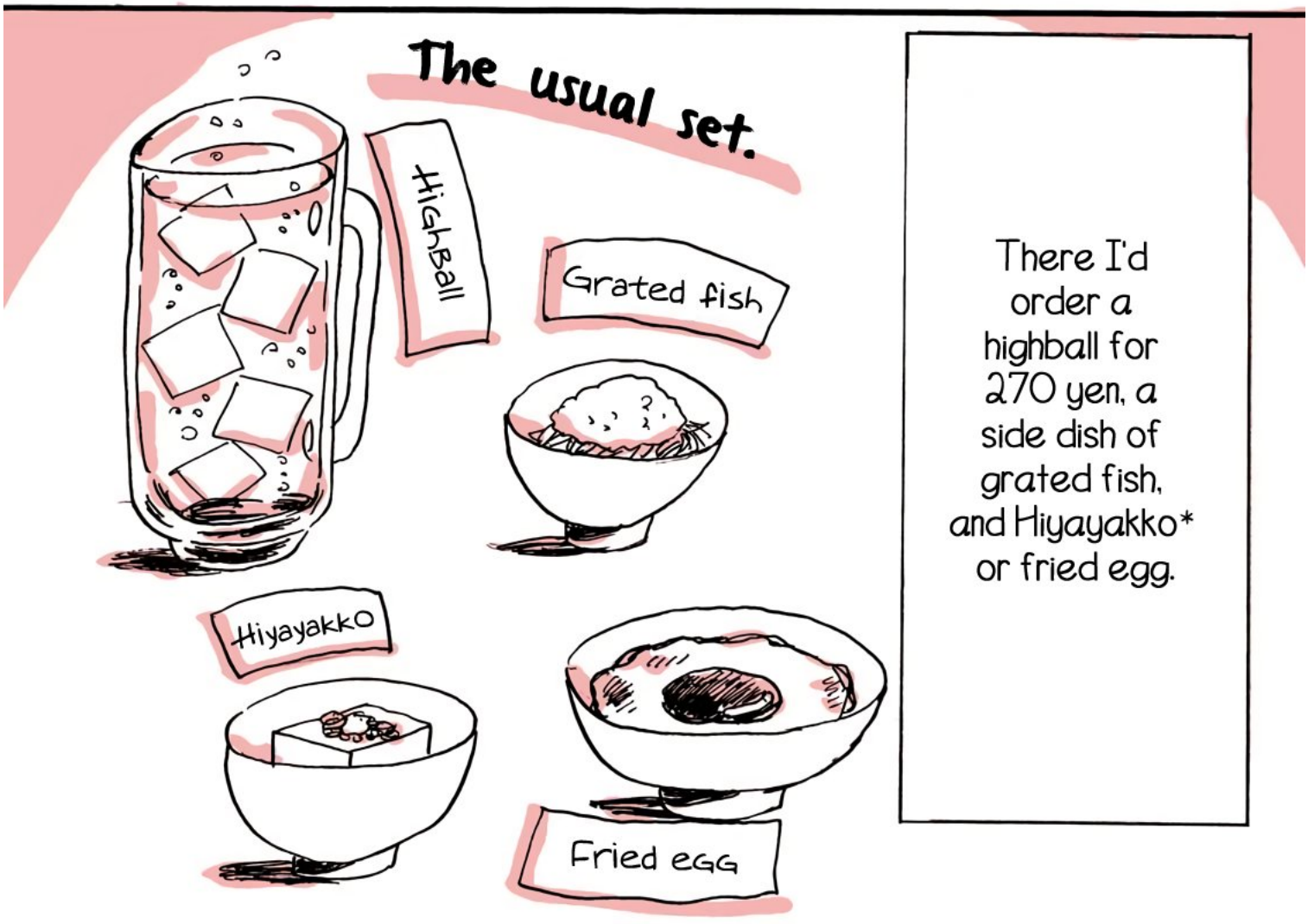


I may be straying from the purpose of this second chapter out of the blue, but...

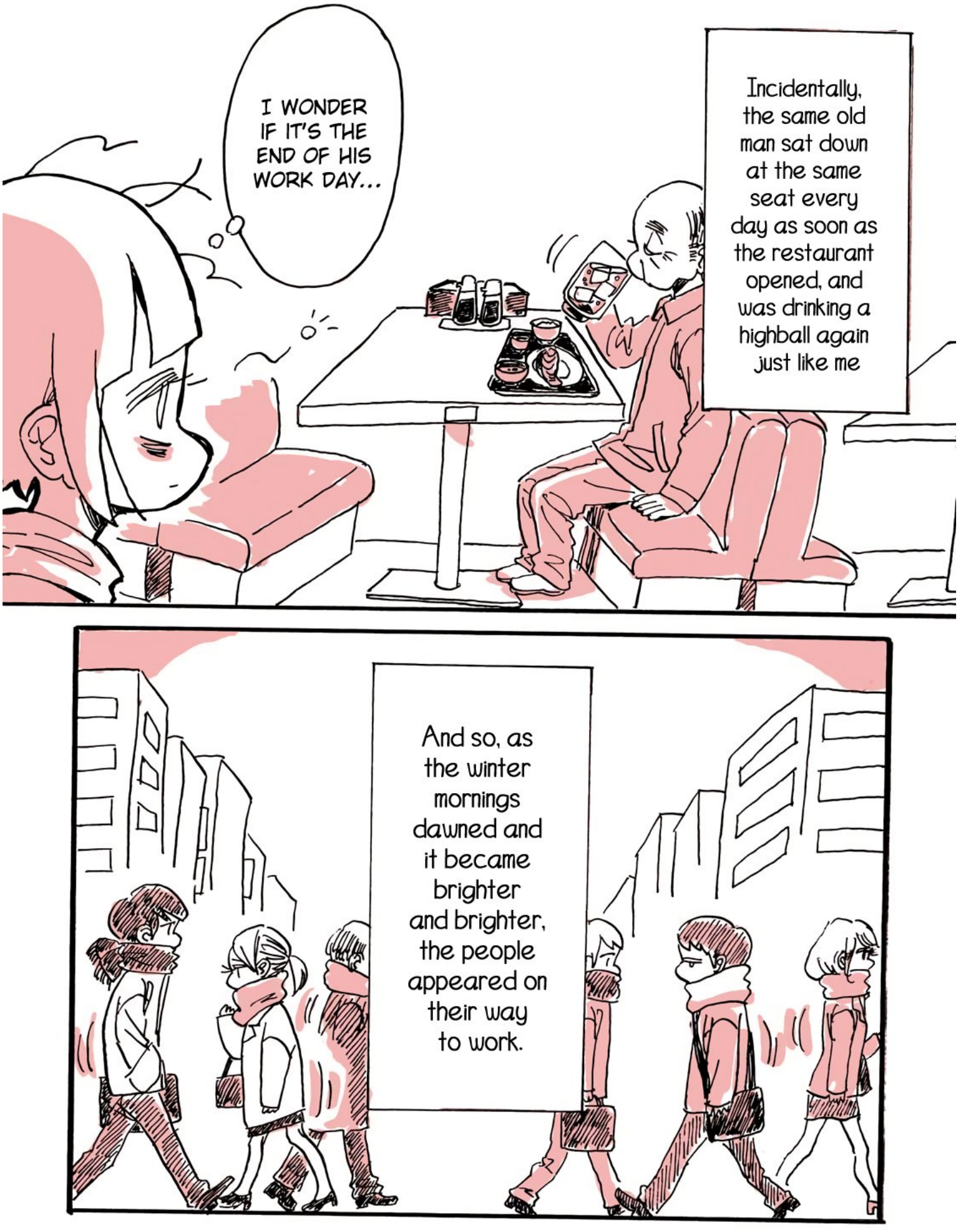




*Highball is the name for a family of mixed drinks that are composed of an alcoholic base spirit and a larger proportion of a non-alcoholic mixer.


The usual set.
Highball
Grated fish
Hiyayakko
Fried egg
There I'd order a highball for 270 yen, a side dish of grated fish, and Hiyayakko* or fried egg.

*A popular Japanese dish made with chilled tofu and toppings.


I WONDER IF IT'S THE END OF HIS WORK DAY...
Incidentally, the same old man sat down at the same seat every day as soon as the restaurant opened, and was drinking a highball again just like me
And so, as the winter mornings dawned and it became brighter and brighter, the people appeared on their way to work.

By the way, I have no memory at all of what I was doing whenever I got home.

After that I'd go home for a short moment.

Parental home

So I'd leave home again around noon.

Set Meal Restaurant

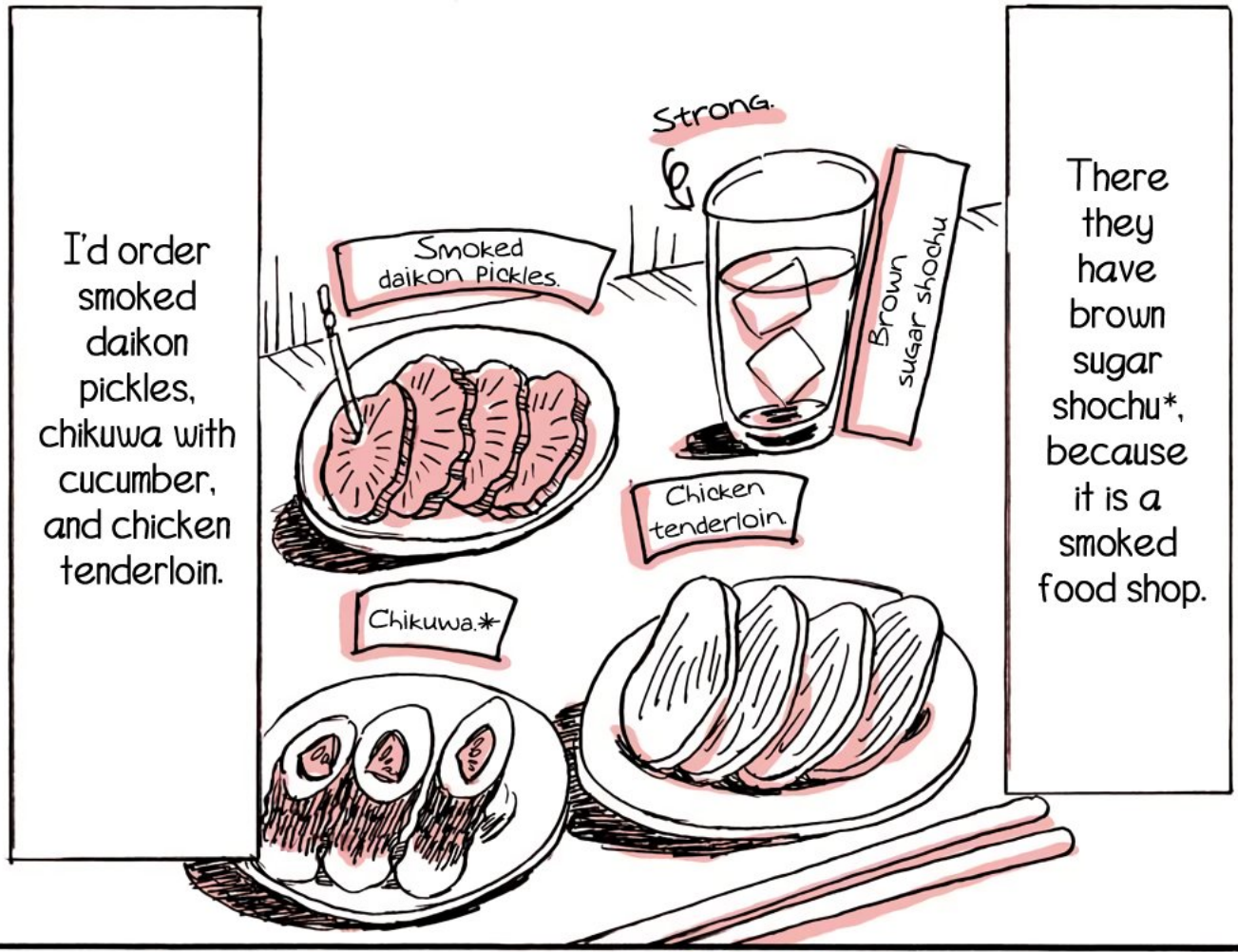
Day drinking is OK!!

There are other restaurants where you could day drink.

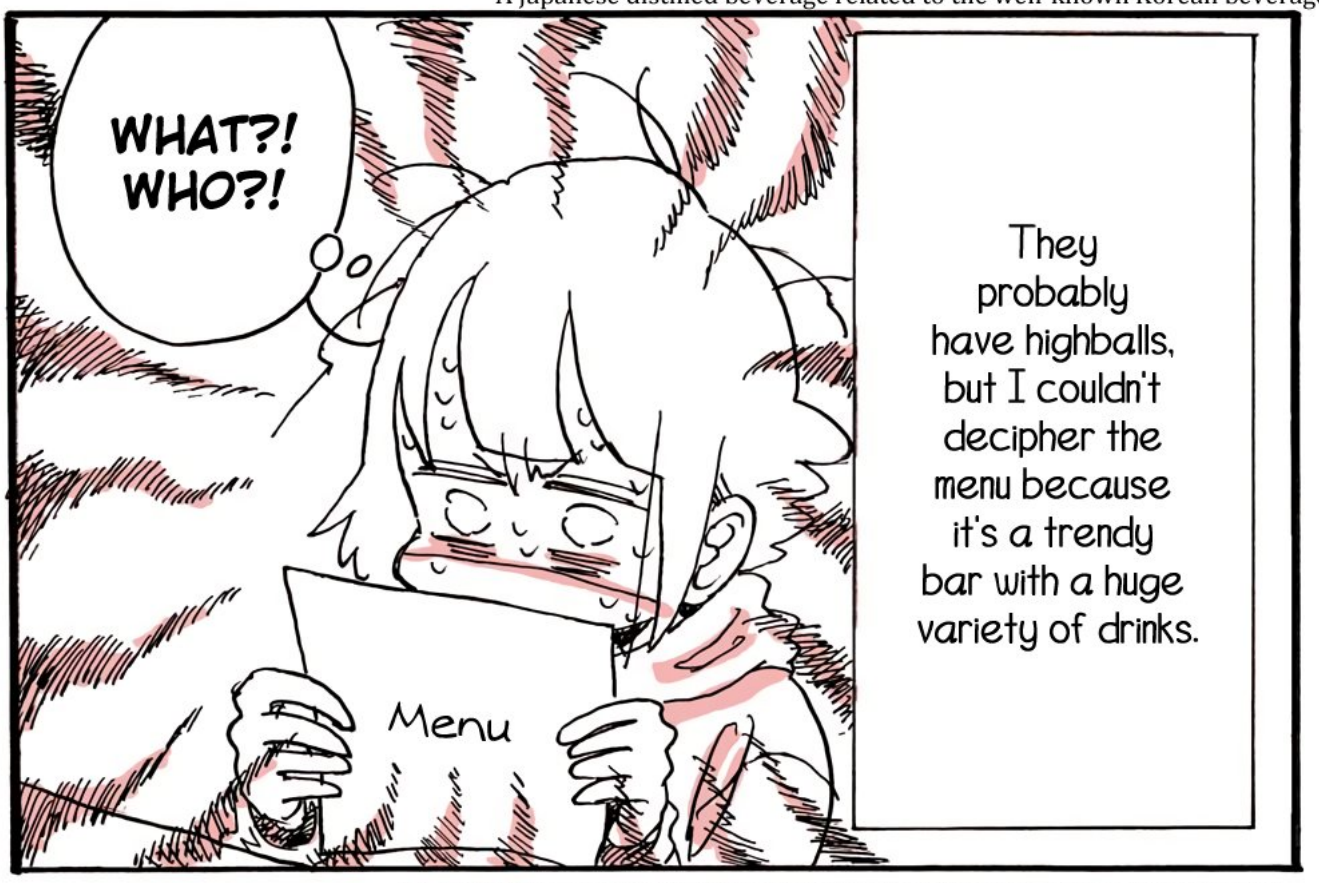
It was huge.

So I'd go to a different restaurant than the one in the morning, and order a highball and a rolled omelette.

24h
Isomaru Suisan
To Isomaru Suisan...
The usual set.
At the set meal chain restaurant I'd go to every morning, I order a highball, grated fish, hiyayakko, or a fried egg.
Set meal restaurant.
Set meal restaurant.
Isomaru Suisan
Anyhow, that's how I spent my time until the earliest izakaya opened at 14:30.
then immediately rushed to the bar that opened then.
I've been waiting!
So I'd wait until 14:30.

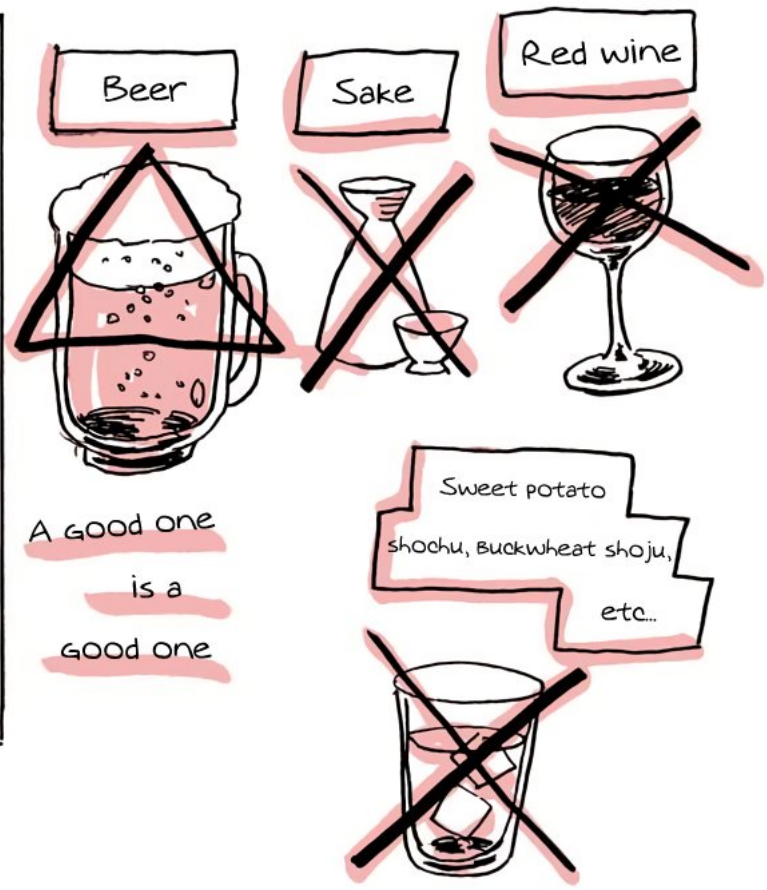

I'd order smoked daikon pickles, chikuwa with cucumber, and chicken tenderloin.
Strong.
Smoked daikon Pickles.
Brown sugar shochu
Chicken tenderloin.
Chikuwa.*
There they have brown sugar shochu*, because it is a smoked food shop.

*A Japanese distilled beverage related to the well-known Korean beverage soju.


WHAT?! WHO?!
Menu
They probably have highballs, but I couldn't decipher the menu because it's a trendy bar with a huge variety of drinks.

*A Japanese tube-like food product made from ingredients such as fish surimi, salt, sugar, starch, monosodium glutamate and egg white.

Every time I went there, I drank brown sugar shochu or Iichiko* shochu.



Also, even though I tend to be a heavy drinker, I don't have many kinds of alcohol I prefer to drink.

*A renowned shochu brand originating from Oita Prefecture in Japan.

I may have moved on to another store that I've already written about in the meantime, but in the end I'd wait until 17:00 anyway.

And then I'd just wait for it to be 17:00.

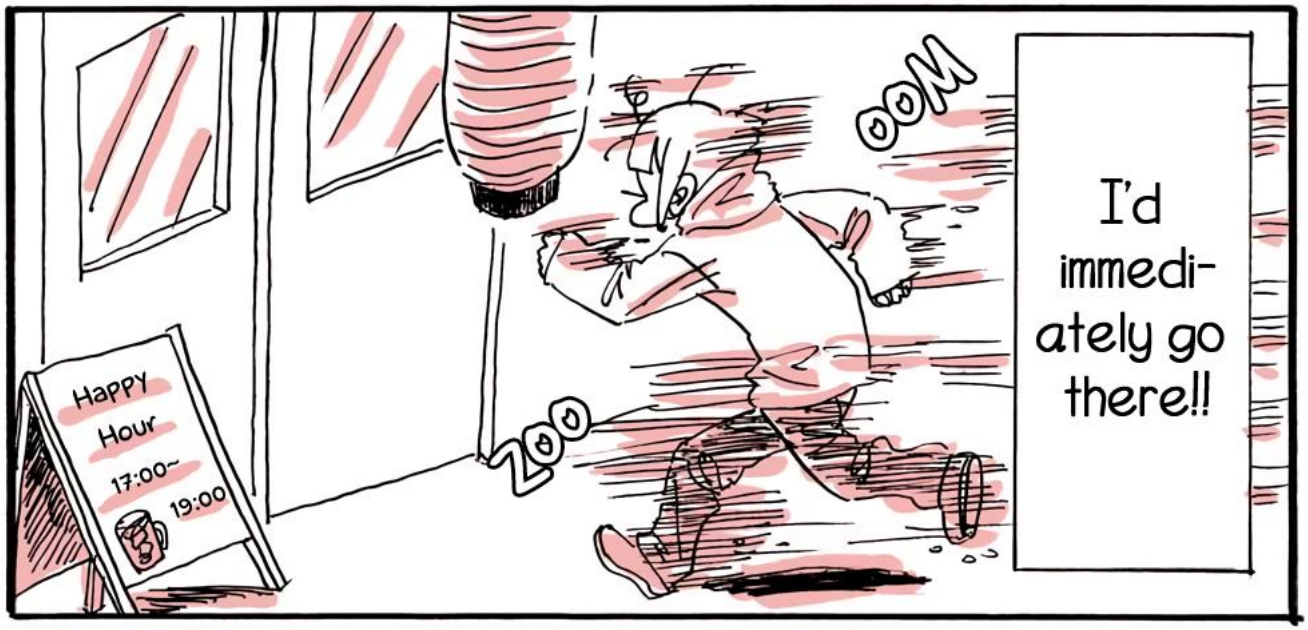
THE BILL PLEASE!!

CLAT TER

EX- CUSE ME!!

It's 17:00!!

Drinking bars with happy hour have opened & happy hour has started!!



I'd immedi- ately go there!!

It was awkward (and since being alone, I'd sit at the counter)

WEL-COME!!

I'd usually be the first customer to arrive.

I'd order a mega highball for 90 yen.

Quite large.

Cigarettes

Despite saying so...

Mega highball

It was abbreviated to Go-chan.

Goya champuru

It's covered in cottonseed oil.

Mozuku.

Sea lettuce

Grilled egg with sea lettuce

Since it's an Okinawan restaurant, I order mozuku seaweed, goya champuru*, grilled egg with sea lettuce, etc.

*A quintessentially Okinawan bitter melon stir-fry dish.

Ginger and green onions are also on it.

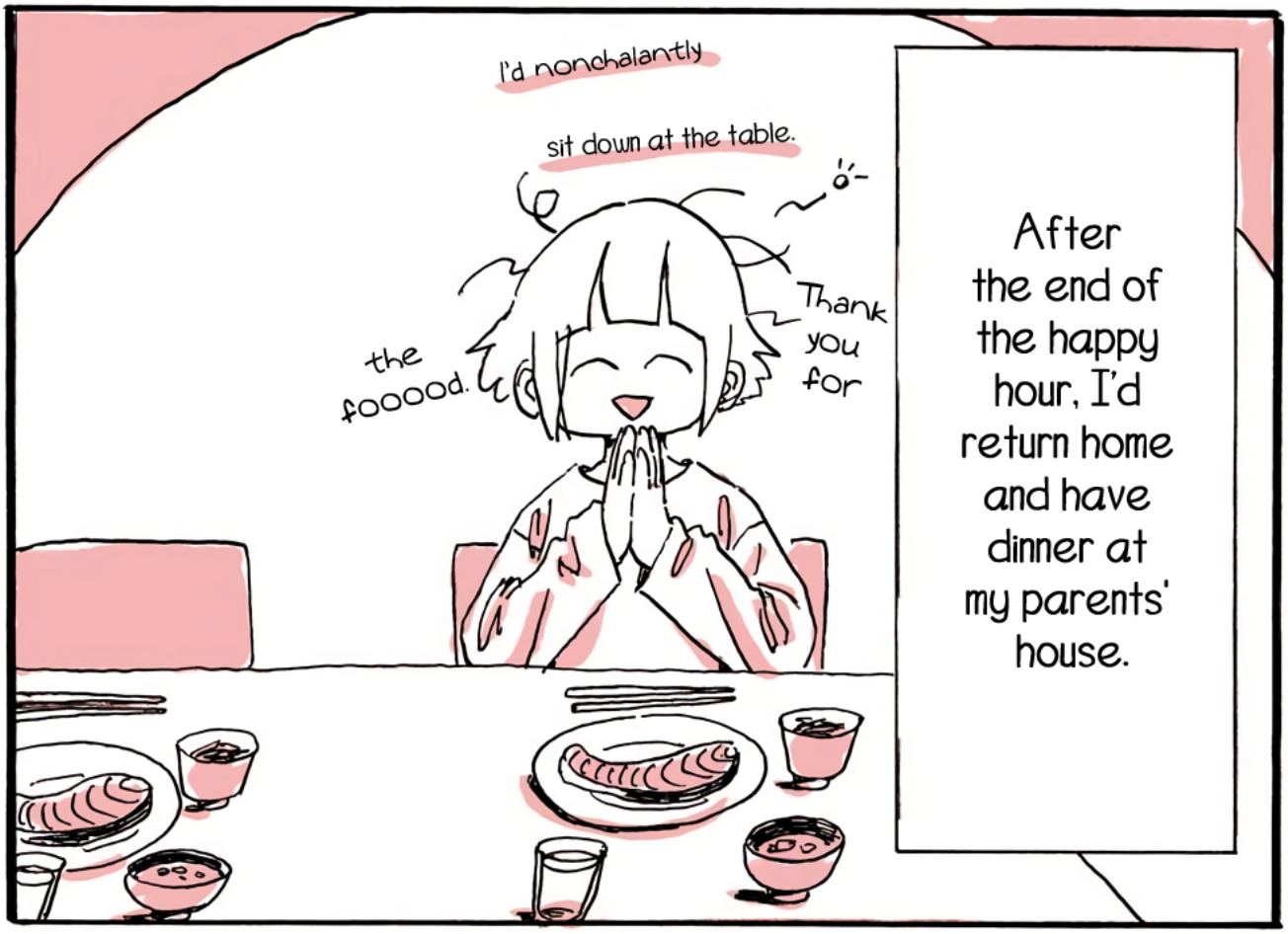
Mozuku

Scrumptious.

The mozuku was delicious, and I liked it so much that I got another helping of it.

There are also instances where I'd move to one of their sister stores (there are several nearby).

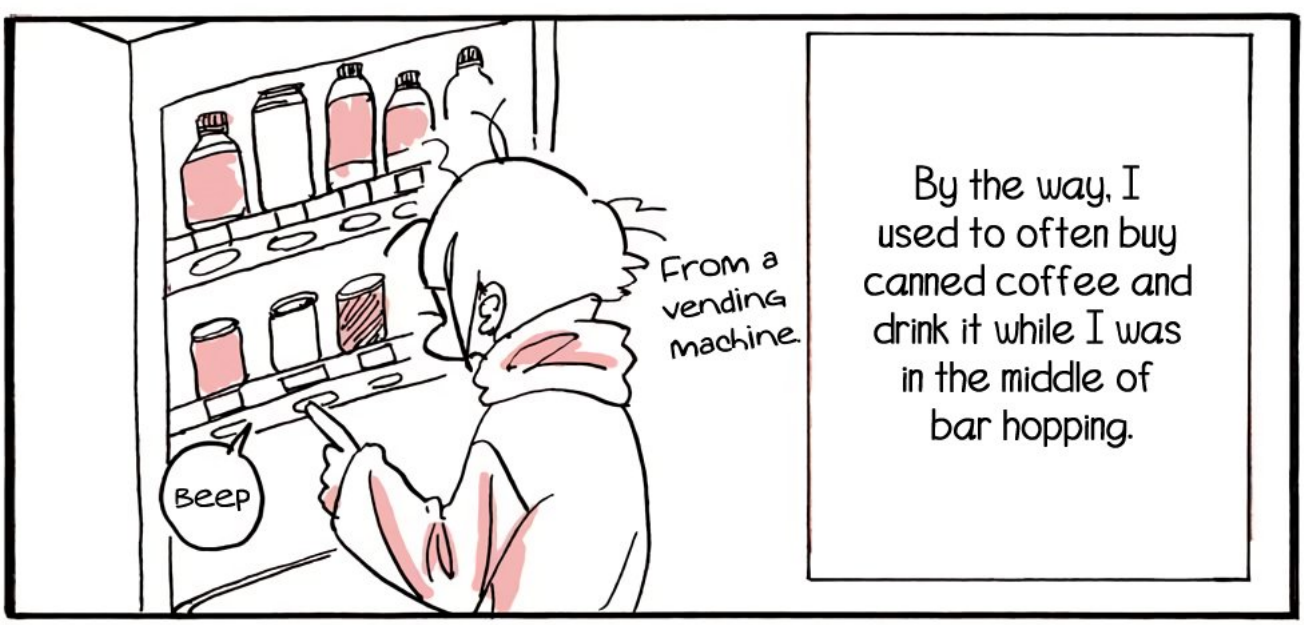
And so, I drank as many mega highballs as I could before the happy hour ended at 19:00.



After the end of the happy hour, I'd return home and have dinner at my parents' house.

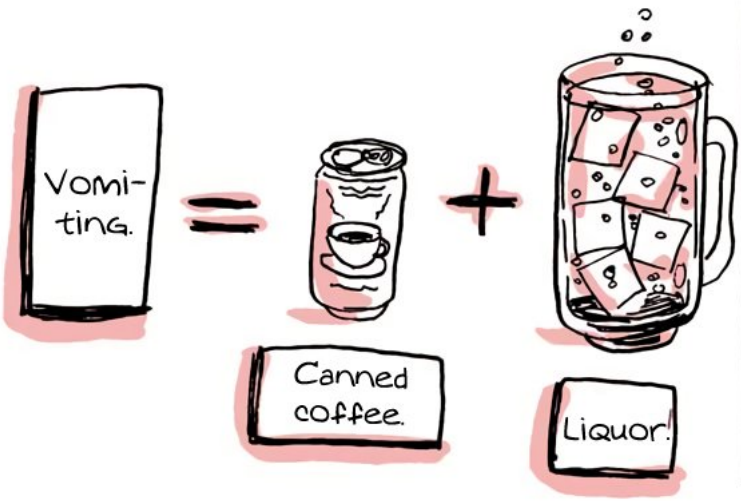
After that, I have no memory of what I was doing, what time I went to bed, or anything else.

I had been doing that every day for months.

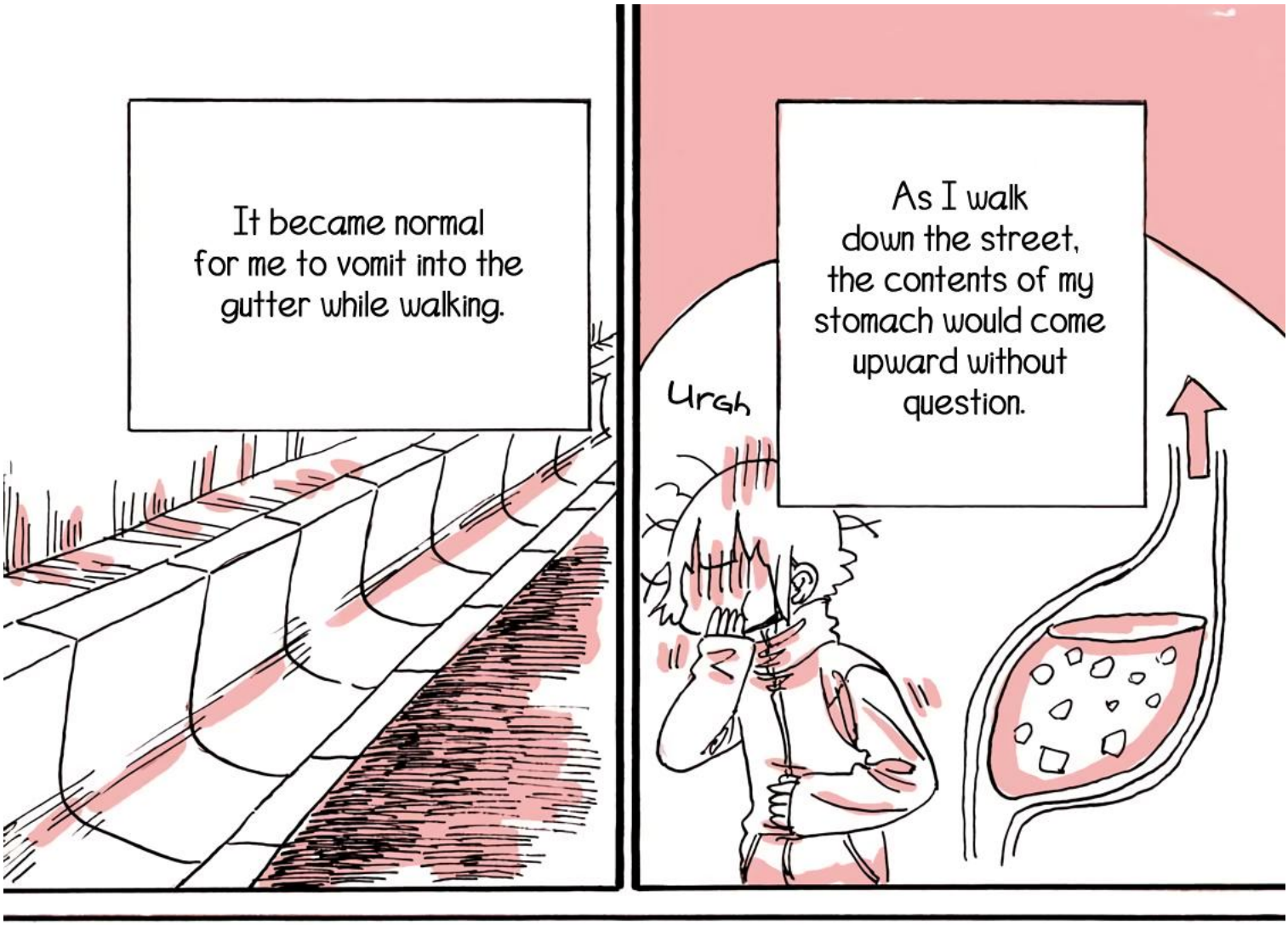


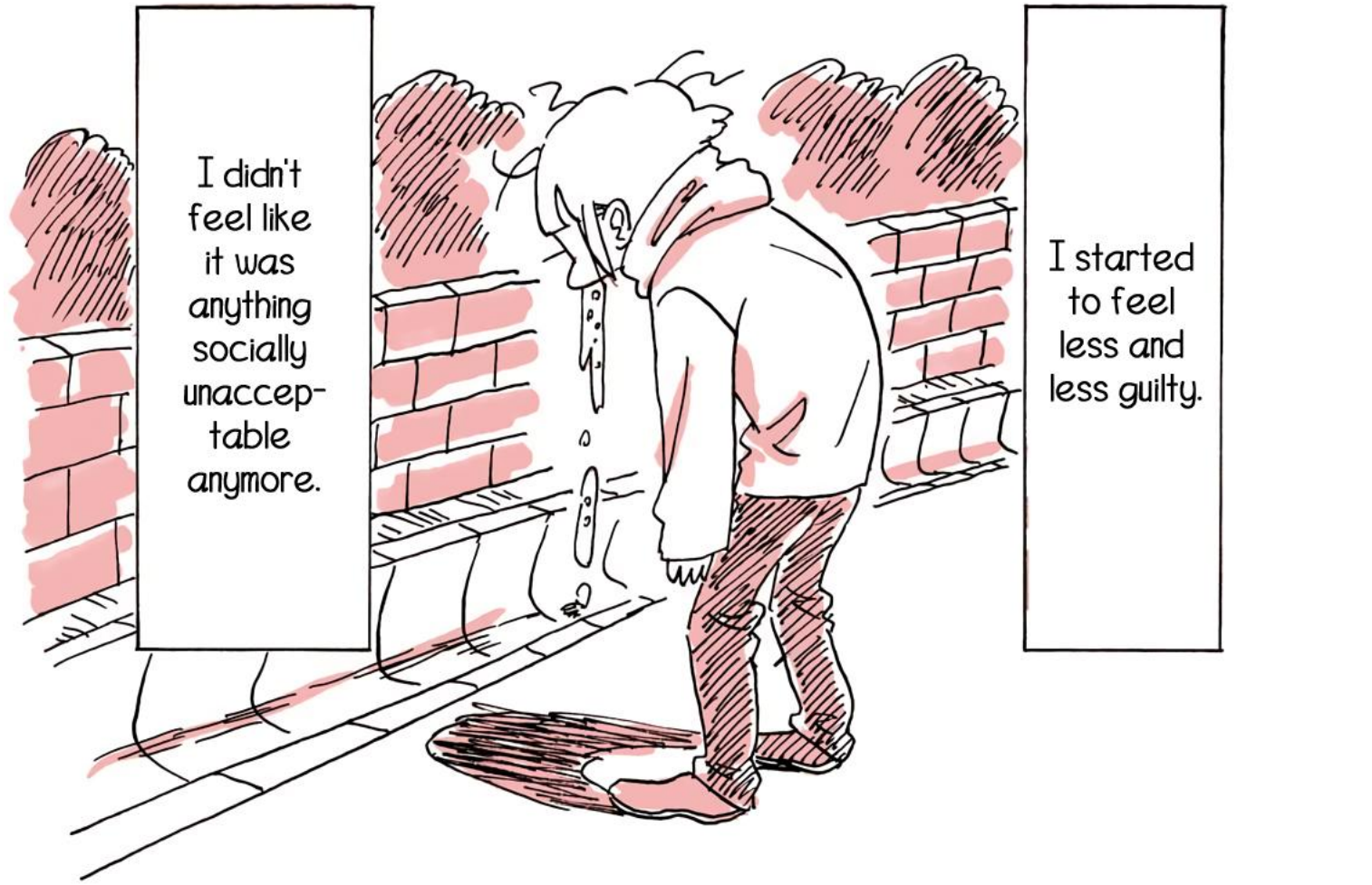
By the way, I used to often buy canned coffee and drink it while I was in the middle of bar hopping.

When I drink alcohol and canned coffee, I throw up.



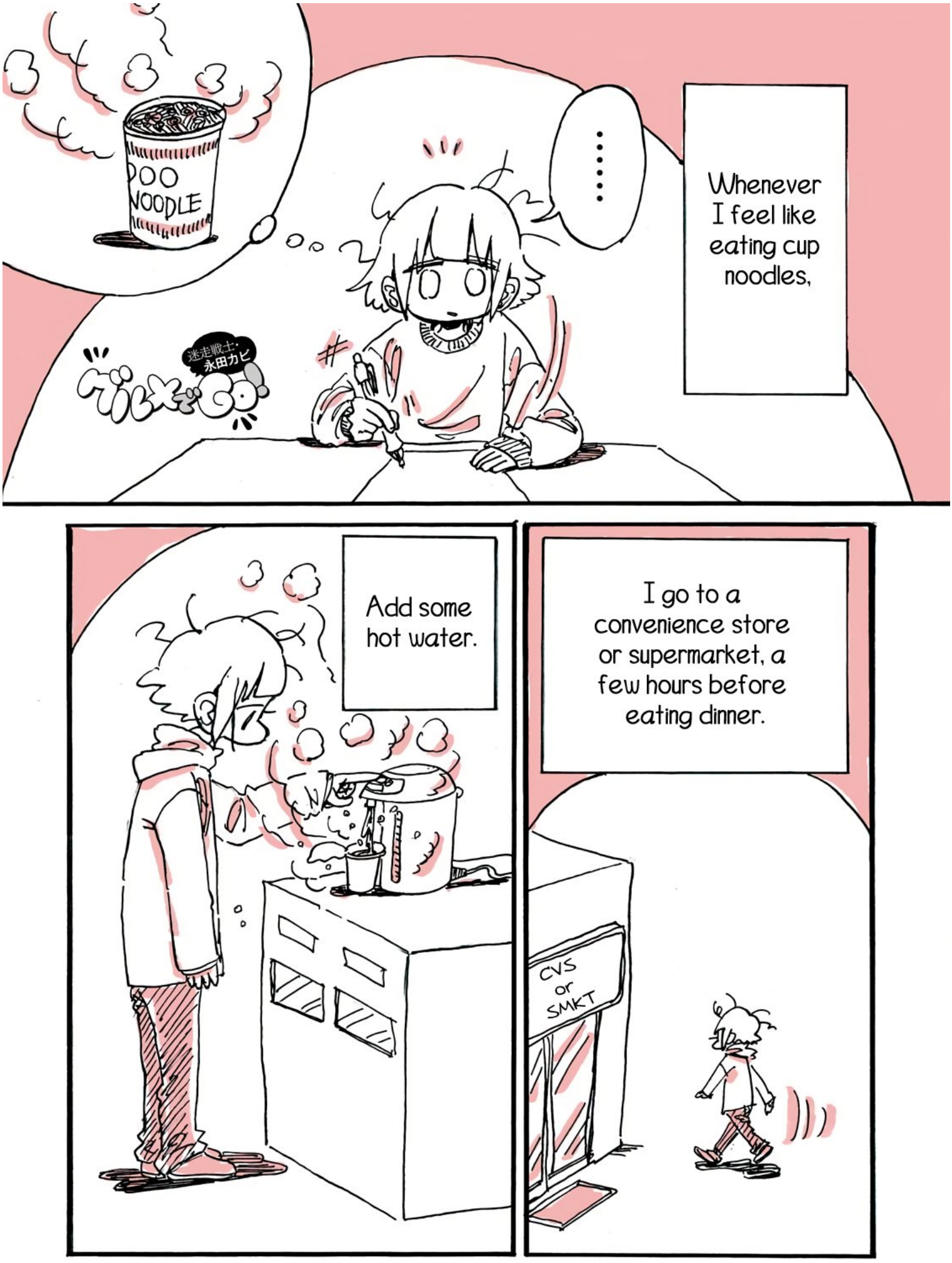
I don't know whether it's just me or what.


It became normal for me to vomit into the gutter while walking.
As I walk down the street, the contents of my stomach would come upward without question.
Urgh


I didn't feel like it was anything socially unacceptable anymore.
I started to feel less and less guilty.

I mean, it's socially unacceptable to be drinking around the clock like this, but I didn't even feel that anymore.

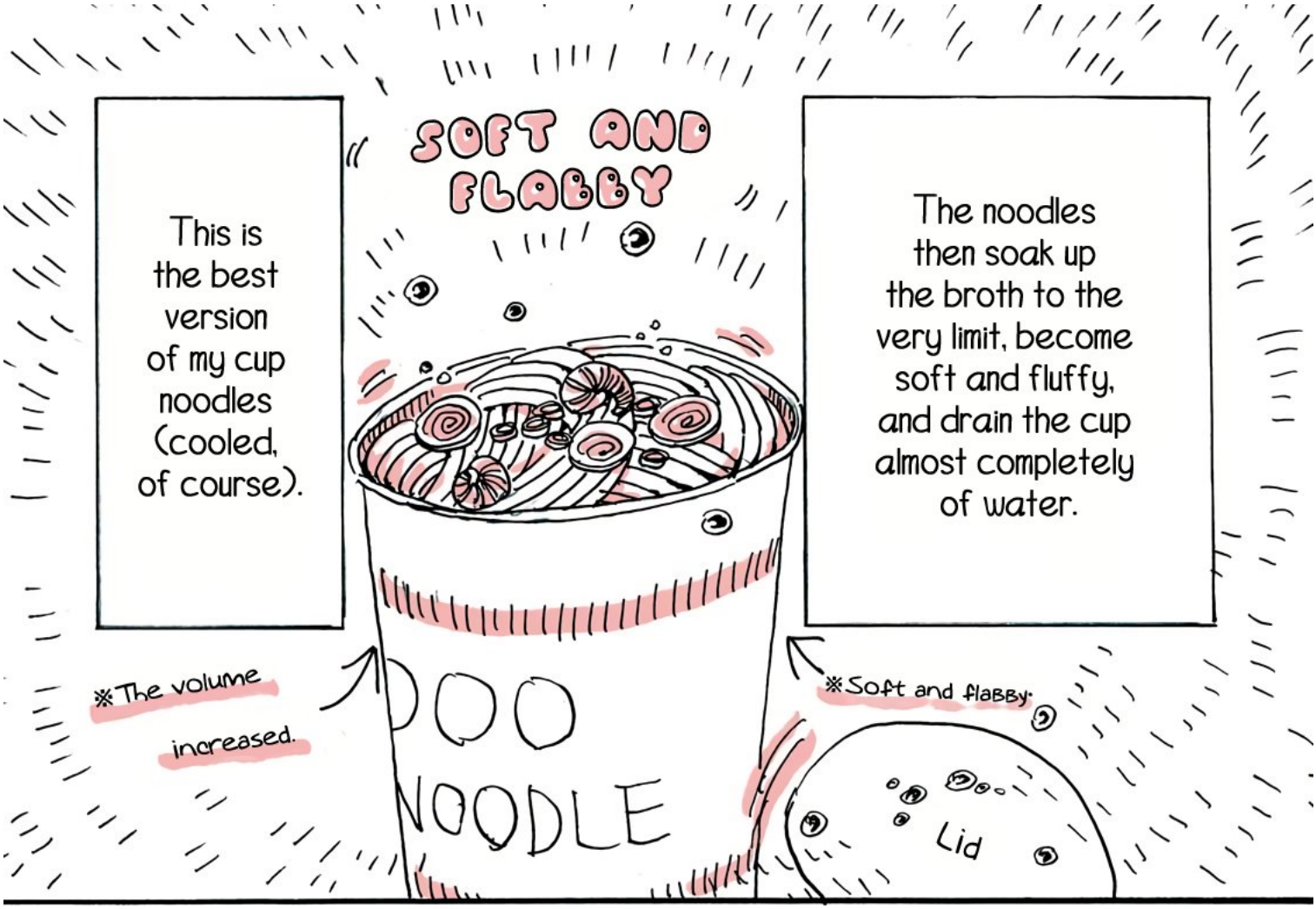
Afterward I also really don't remember what I was doing while I was home, or when I went to bed.


Whenever I feel like eating cup noodles,
.....
OO NOODLE
迷走戦士・永田カビ
Add some hot water.
I go to a convenience store or supermarket, a few hours before eating dinner.
CVS or SMKT

Chapter 3「I Like The Carbs Soft And Flabby」

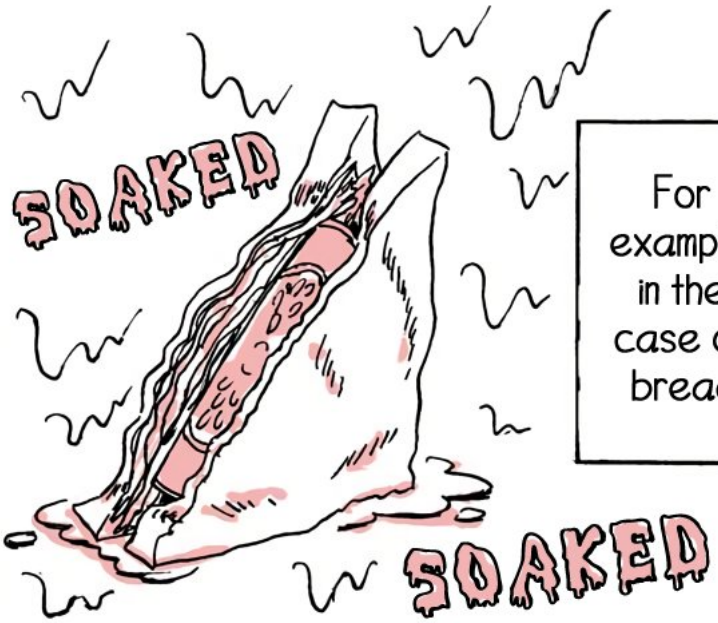
DOO
NOODLE
Cover it tightly with plastic wrap and a rubber band, and then...

...leave it for a few hours.
.....
DOO
NOODLE

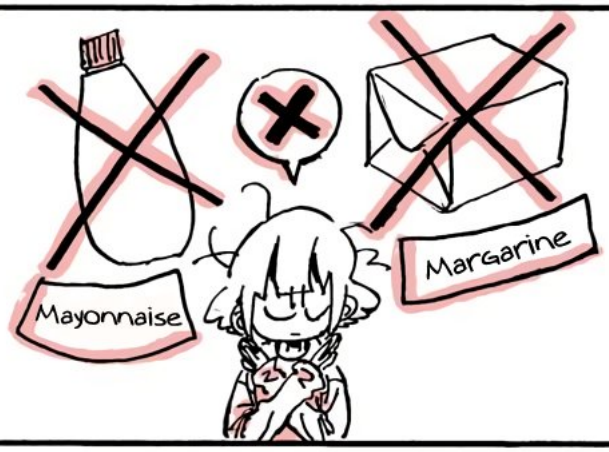

This is the best version of my cup noodles (cooled, of course).
SOFT AND FLABBY
The noodles then soak up the broth to the very limit, become soft and fluffy, and drain the cup almost completely of water.
※The volume increased.
※Soft and flabby.
NOODLE
Lid

In other words, I basically like carbohydrates that have absorbed as much liquid as possible.
SOAKED
Bread
Ramen
Cup noodles
Spaghetti
SOAKED
Rice
Udon
Soba

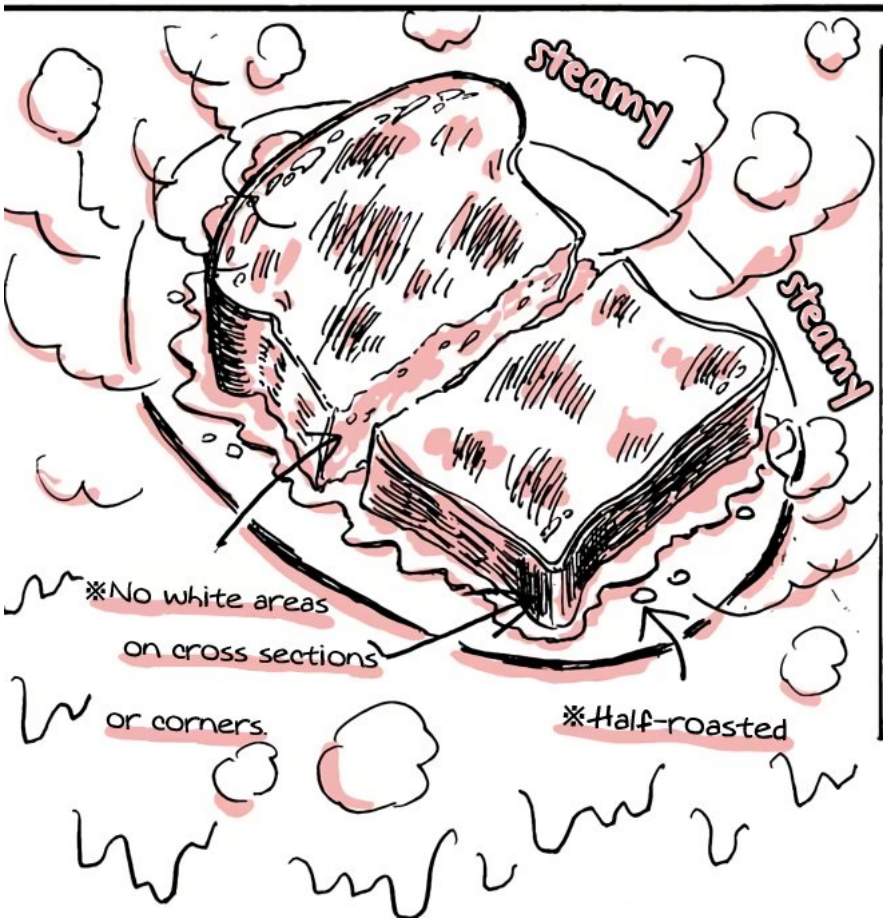
I'm fond of bread, like sandwiches all soaked up by the juices from the lettuce and tomatoes.



For example, in the case of bread:



That's why, I've always wished that people would stop trying to prevent the juices from seeping into the bread by coating it with margarine or other fatty spreads.



Also, I want the white parts on French toast to be completely soaked in its own juices, and the inside to be half-roasted.

I do like zosui made from rice that has stood for a day, to the point where it has absorbed the maximum amount of water and has already cracked.

FLABBO

In the case of rice, I don't like zosui* made with fresh rice.

* ZOSUI IS A JAPANESE RICE SOUP MADE FROM PRE-COOKED RICE AND WATER.

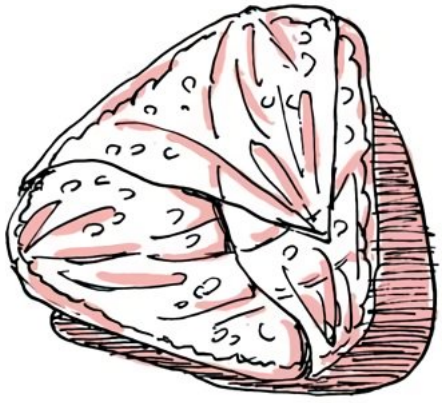
Pour hot water over it and heat it in a microwave.

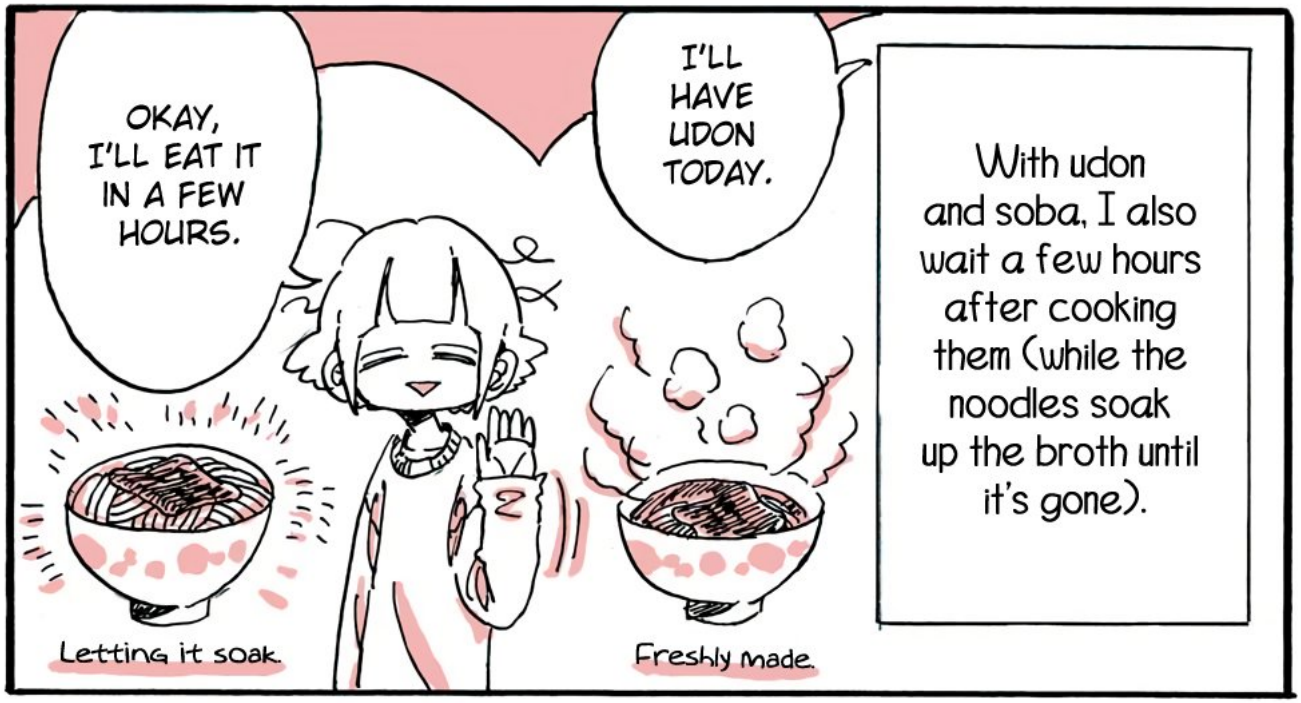
BUZ

ZZ-

Take home some onigiri from the convenience store, and wrap it up in plastic.

Then leave it for a few hours to soak (I call this "onigiri growing", for what it's worth).

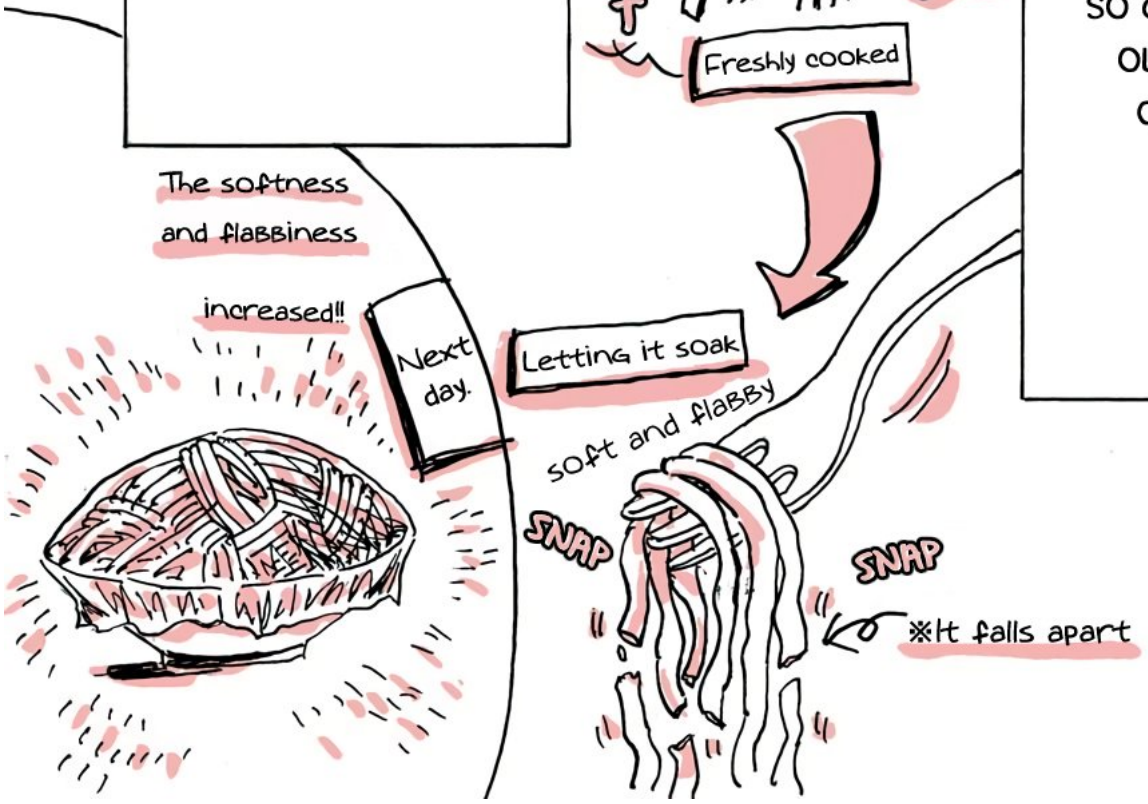




With udon and soba, I also wait a few hours after cooking them (while the noodles soak up the broth until it's gone).

I'd say over-boil it, toss it with the sauce and leave it for a few minutes. It'll be even more delectable the next day.

I want my spaghetti to be extremely moist and fluffy, so al dente is out of the question.



Anyway, the softer and flabbier the carbohydrates turn through absorbing moisture, the tastier they become.

ramen

The crunchy texture you get from waiting is irresistible.

Sucking up some tasty juices.

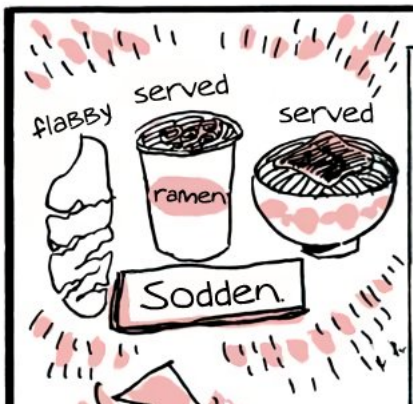
The noodles, rice, and bread themselves will absorb the flavourful broth and become well-seasoned and delicious, as well as soft and juicy.

So when it's cold, it gets extra points.

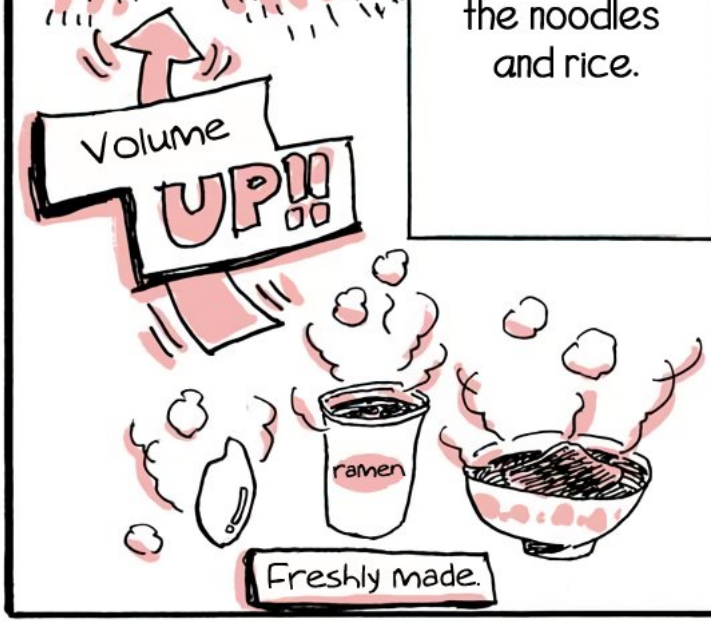
Chilly...

I like my food cold.

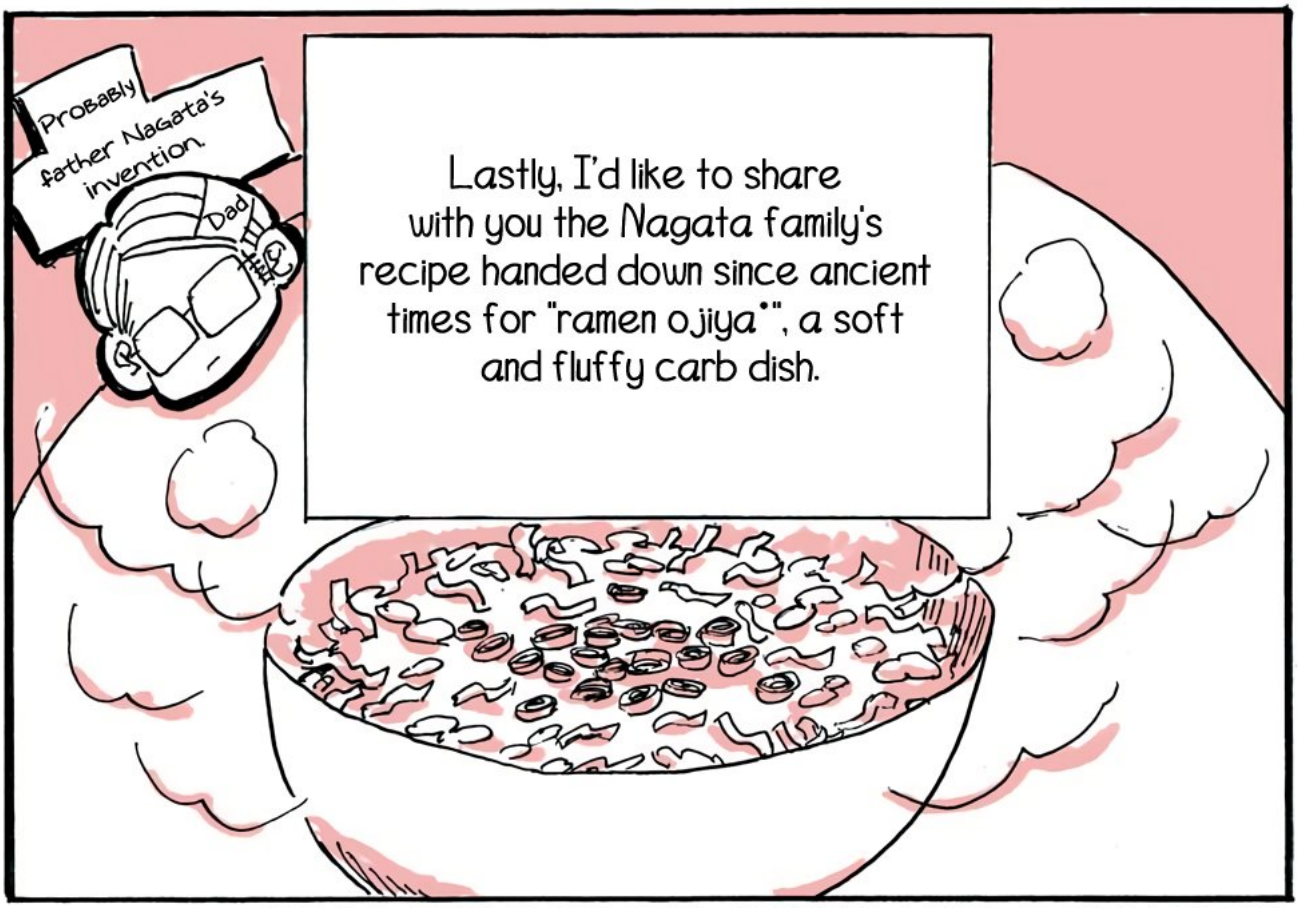
Then again, it's easier to vomit after eating if you've absorbed some water.



This method also increases the volume of the noodles and rice.



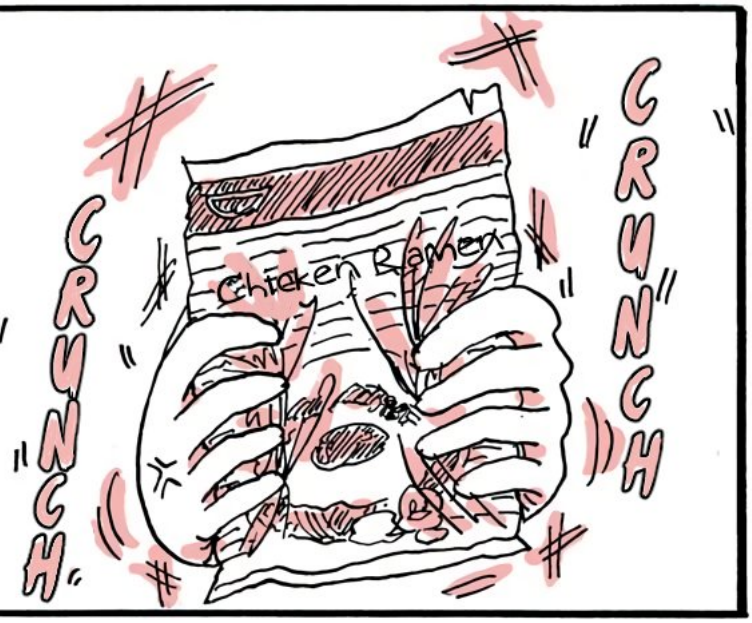
Lastly, I'd like to share with you the Nagata family's recipe handed down since ancient times for "ramen ojiya*", a soft and fluffy carb dish.

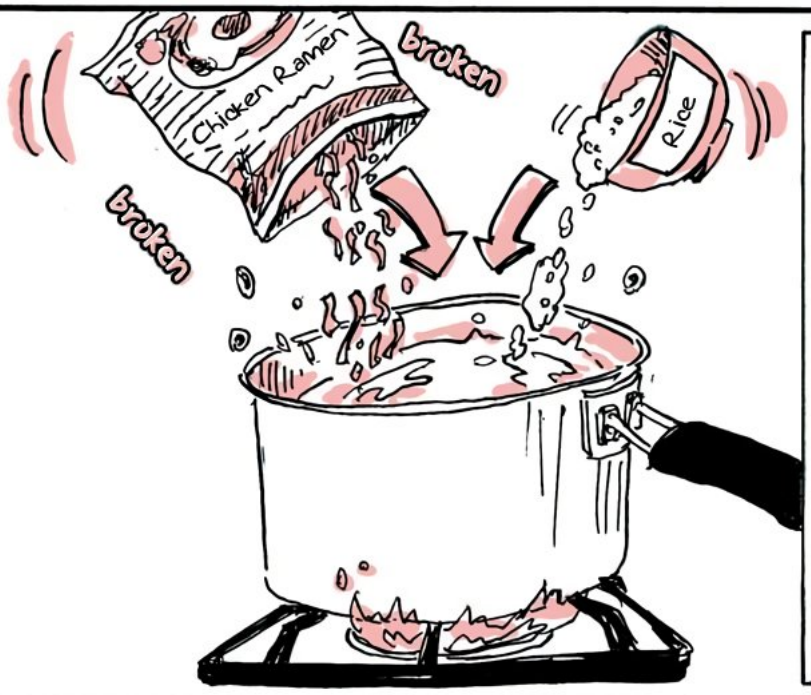


*OJIYA IS A TYPE OF RICE GRUEL, SOMETIMES LIKENED TO ITALIAN RISOTTO.

I'm sorry, Nissin Foods...

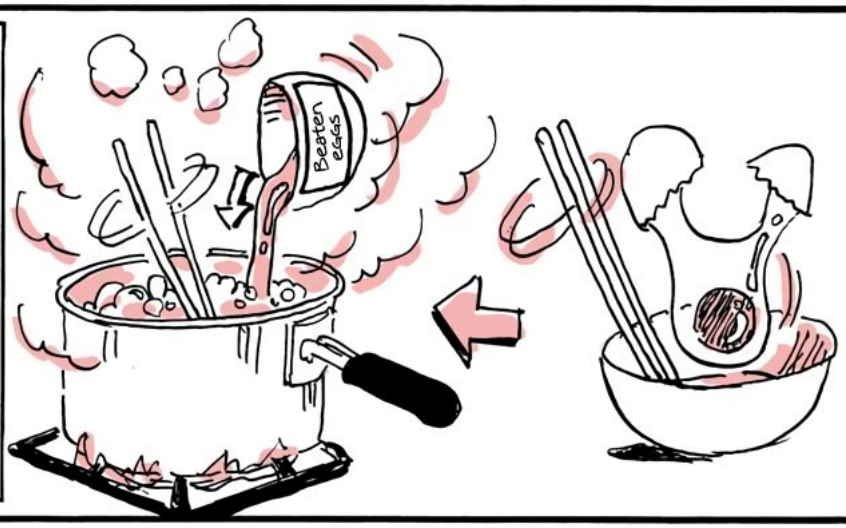
① First, break up the chicken ramen (bag) while it's in the bag.





② Put the crushed chicken ramen and rice in a good amount of water and boil.

③ Bring to a boil, add some beaten eggs, and stir.



By the way, the chicken ramen and the rice will absorb all the water afterward, and the extremely soupy state is my personal favourite.

After a few hours

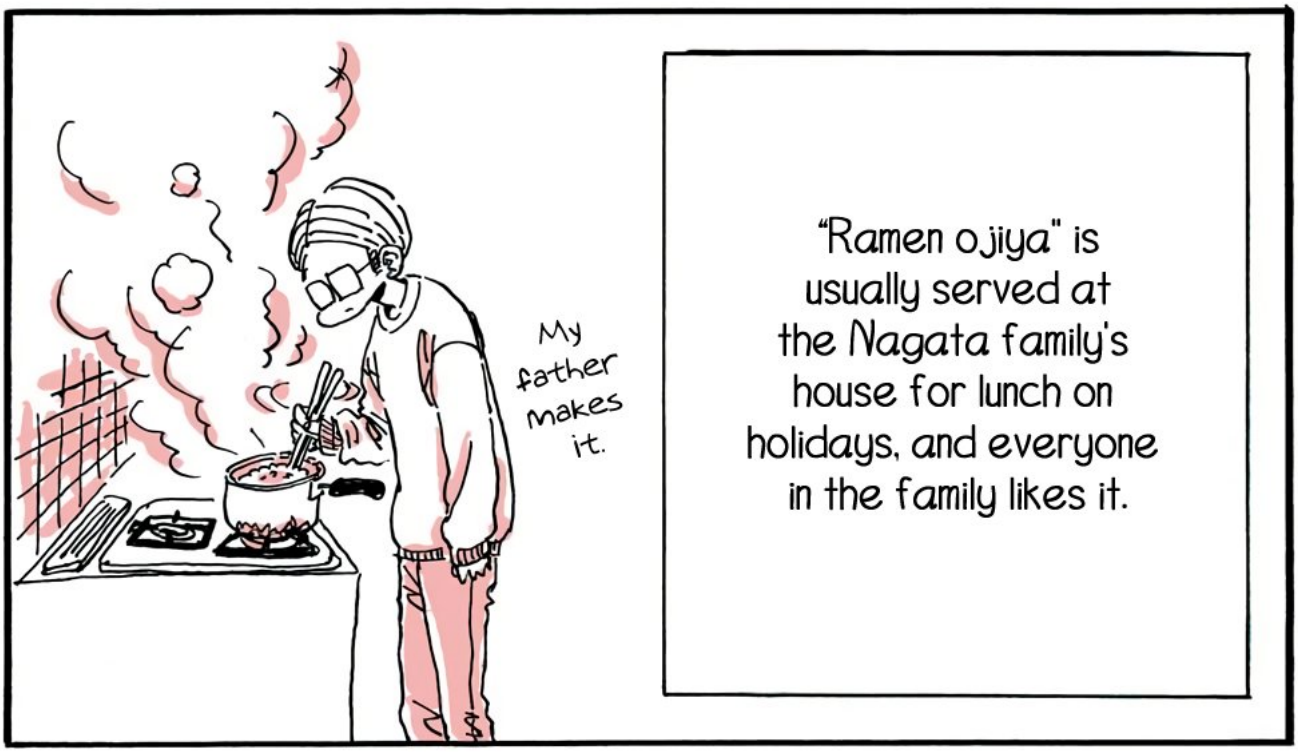
④ Add chopped green onions to finish, and done!!

The rice that absorbed the chicken ramen broth in complete harmony with the noodles and eggs is also delicious.

munch

munch

Chicken ramen has a lot of flavour, so it will still taste like chicken ramen even if you add more water, rice, and eggs.



"Ramen ojiya" is usually served at the Nagata family's house for lunch on holidays, and everyone in the family likes it.

If you're not convinced by the liquid-sucking carbohydrates in the first half, try the "ramen ojiya" if you like.

BOW

Nagata Kabi (37)
I'm a manga artist who draws only manga about the difficulties of life (without an understanding partner).

It's been a long time, or it's nice to meet you, my name is Nagata Kabi.

which has been on hiatus for a long time.

Con-gratu-lations on the resump-tion of this series!

We are pleased to announce the resumption of this series,

Living alone.
↓
Living at home.

Publication of a book about it

Hospitalized for acute pancreatitis for the second time...

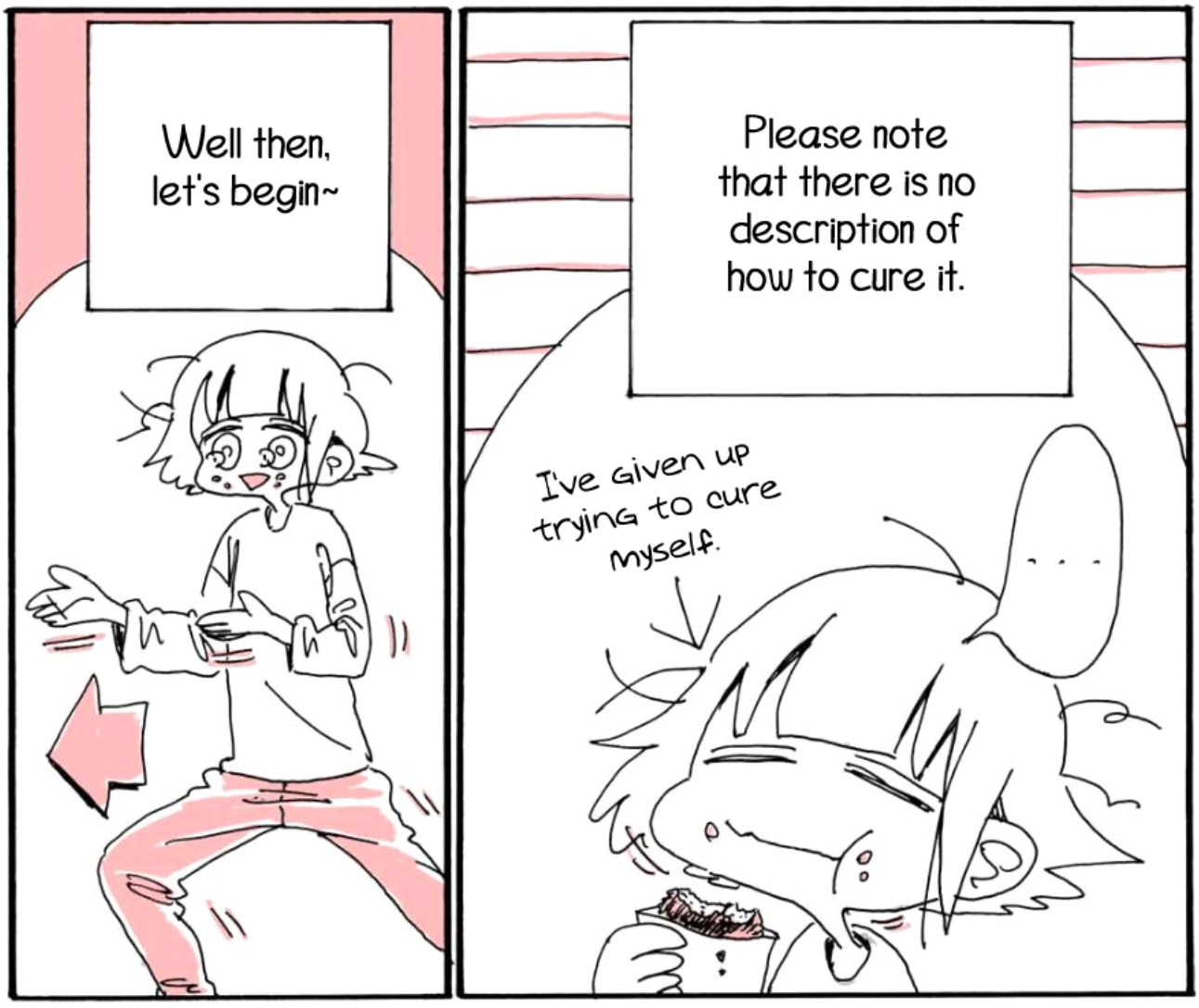
Abstinence from alcohol. (still ongoing.)

etc, etc...

very earnest...

During my hiatus, many things hap-pened...

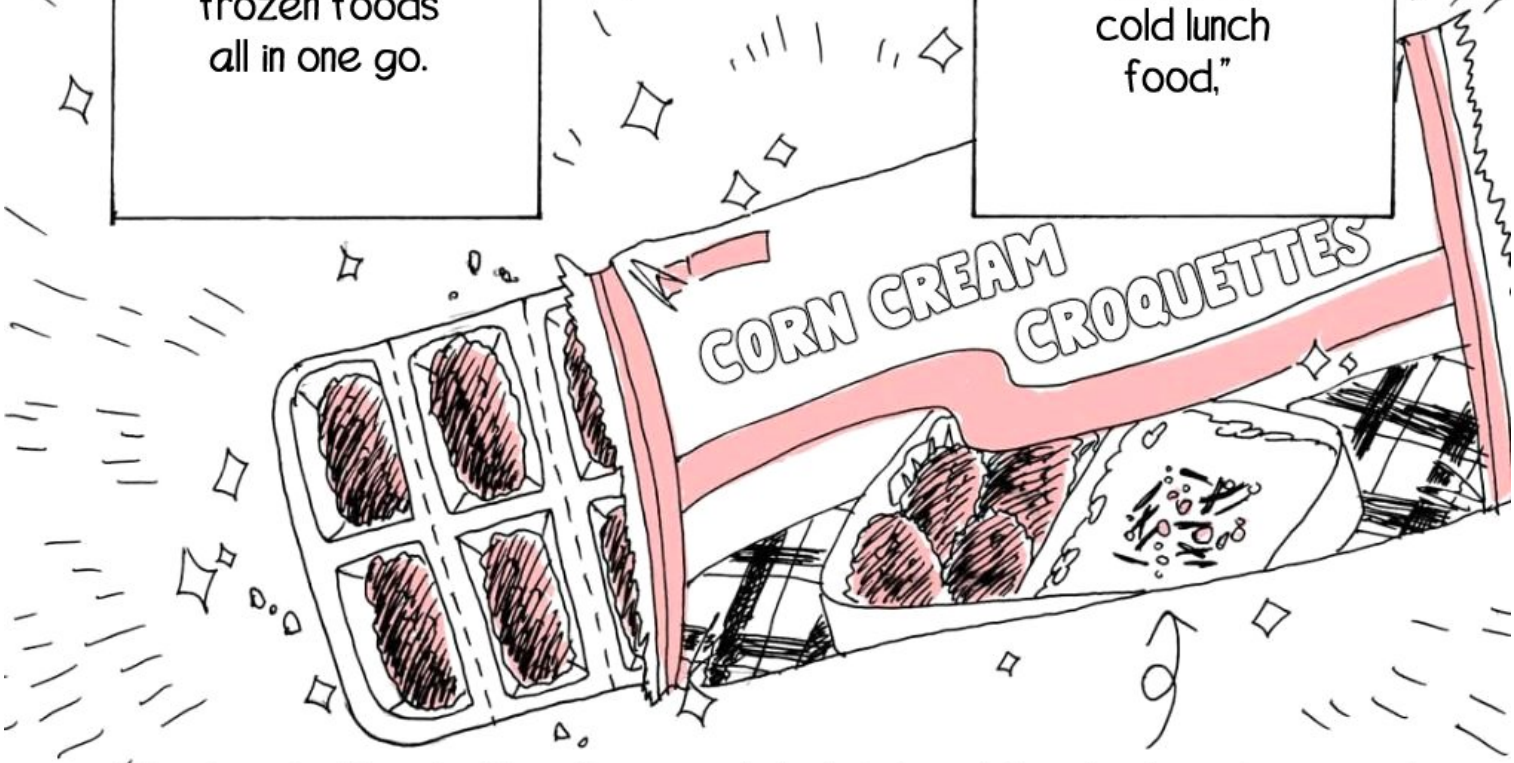
I've been on hiatus for so long that I thought I'd explain again...
I hope to depict food through the eyes of an eating disorder sufferer like myself.
what the story is about.


Please note that there is no description of how to cure it.
I've given up trying to cure myself.
Well then, let's begin~

Chapter 4「Dreaming of Cold Bento Food」

a pack of six to eight frozen foods all in one go.

it's the "eating a pack of cold lunch food,"



Speaking of cold Bento dishes, there are a lot of photos of them for in Bento Boxes only.

I think many people with eating disorders have a particularly hard time eating with other people (I assume).

NO!!

eating with other people

Back then, even at my parents' place, I ate most of my meals in my room.

EATING ALONE

When I was living alone, I had a refrigerator installed in my room,

BA M

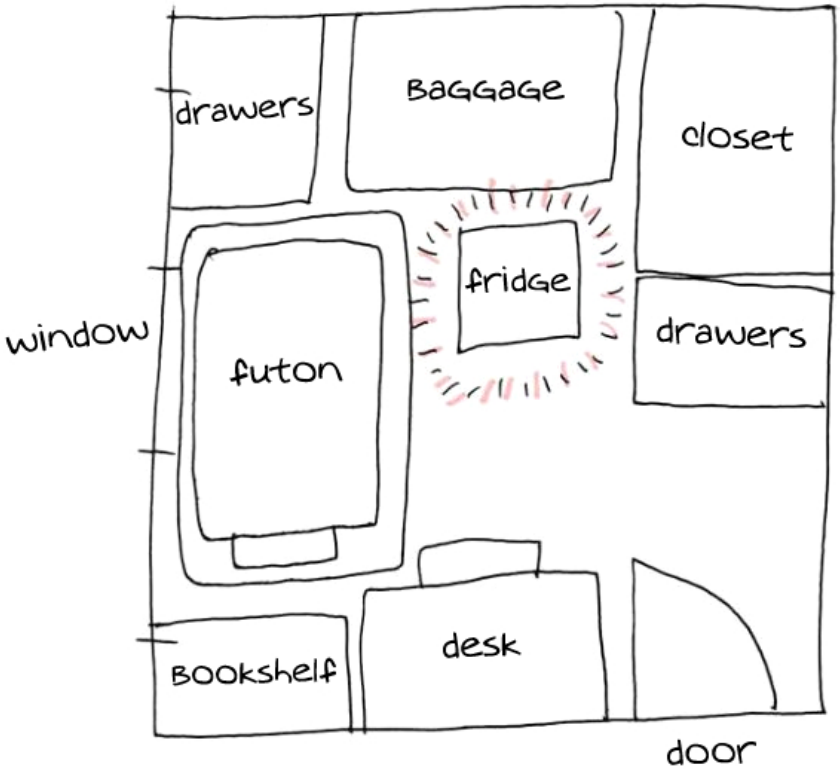
At least I do, and I have a hard time eating with my family, let alone going out to dinner or meetings over dinner (unless there's alcohol available). I also don't like eating with my family.

NO!!

eating with my family

impo-ssible without alcohol

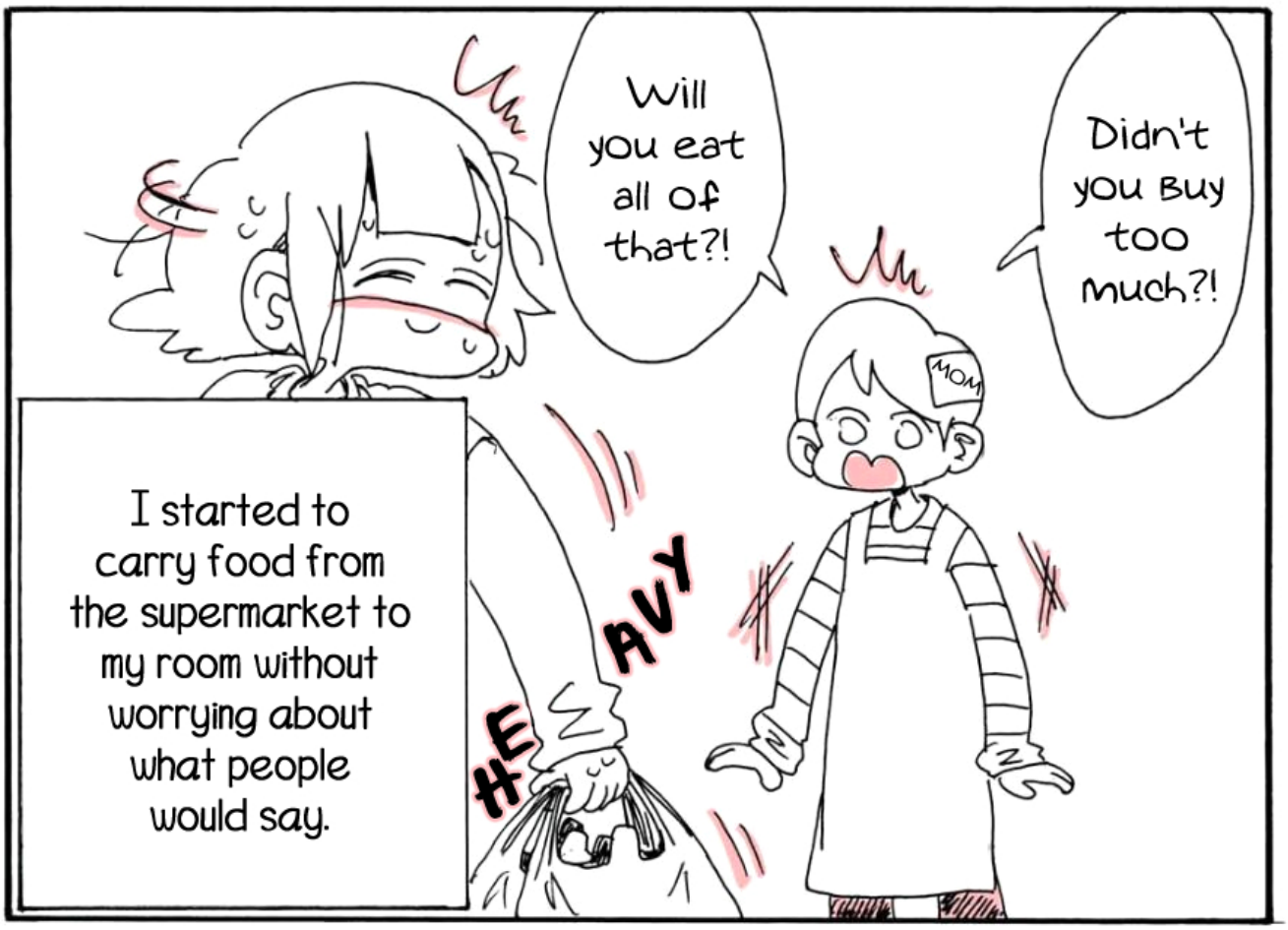
going out to dinner or meetings over dinner

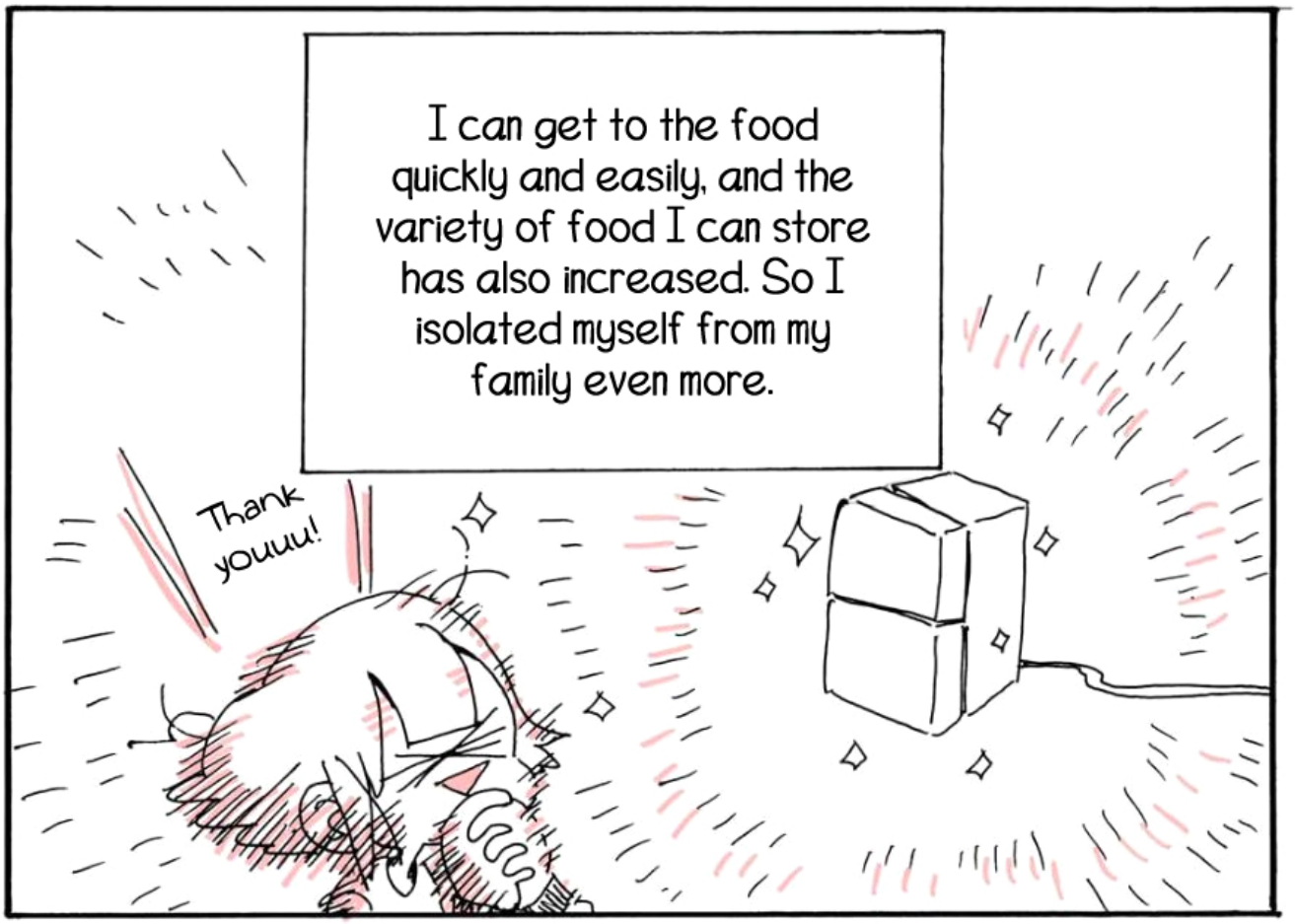


So, when I moved back in I took the refrigerator and put it in my room at my parents' house.

but I also did other things.

I started drinking a lot (to the point that it was hazardous to my health),


I started to carry food from the supermarket to my room without worrying about what people would say.
Will you eat all of that?!
Didn't you buy too much?!
MOM
HEAVY


I can get to the food quickly and easily, and the variety of food I can store has also increased. So I isolated myself from my family even more.
Thank youuu!

First, if you want to eat it for dinner, buy cold food in the morning or afternoon.

in the morning ~ afternoon

dinner

Fried

Now, let me explain the procedure for eating a pack in one go from back then.

Then, at dinner time...

Apples

Oranges

refrigerator

Put there!

Defrost it by using the heat radiation from the side of the refrigerator.

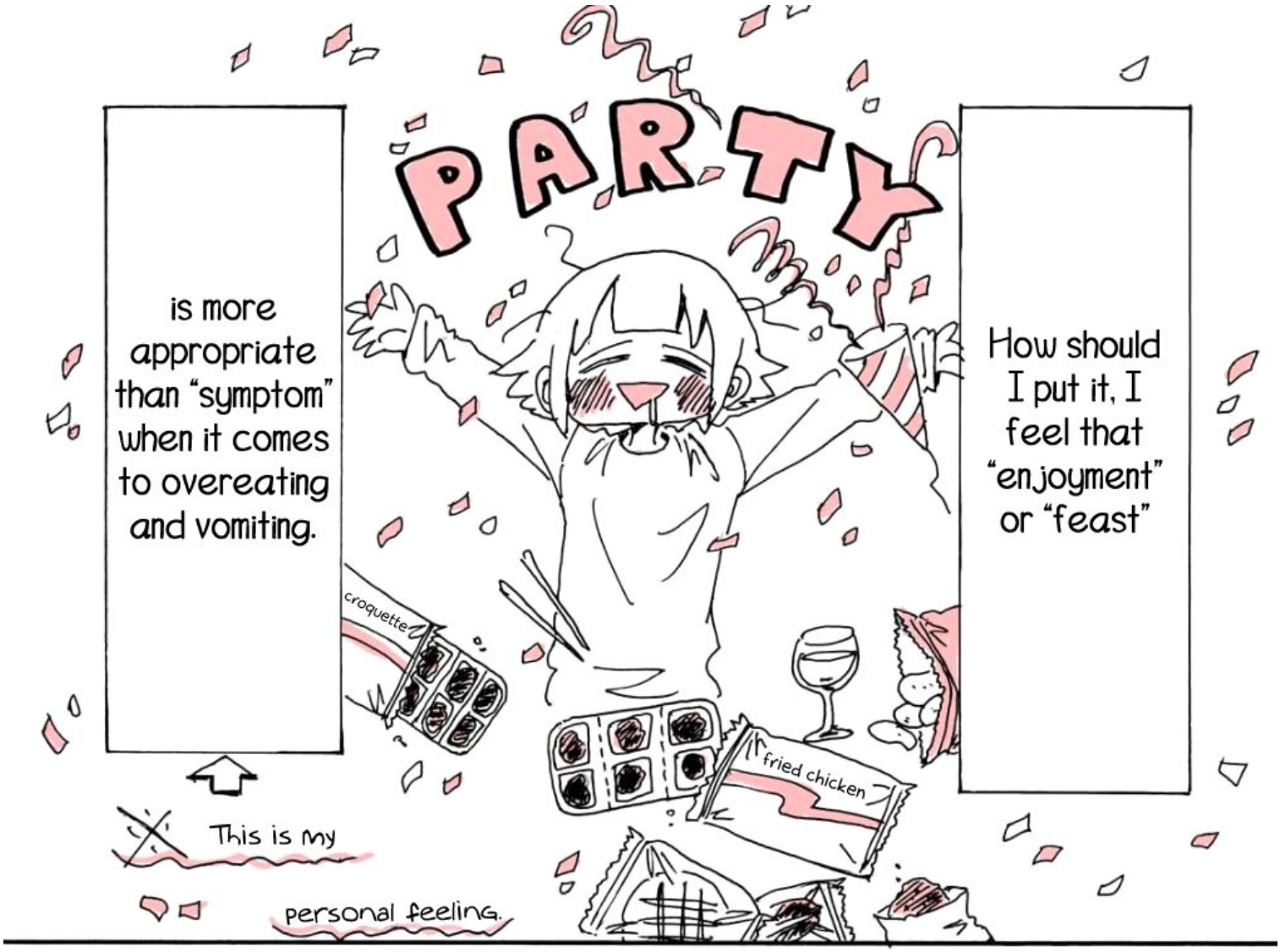
or eat the first half of dinner in my room.

I'd eat the first half of dinner with my family

My stomach was getting full, but I still wanted to eat something junky...

and the "eating an pack of cold lunch food all at once" began.

and that's when the cold food that had defrosted nicely made its appear-ance.


PARTY
is more appropriate than "symptom" when it comes to overeating and vomiting.
How should I put it, I feel that "enjoyment" or "feast"
croquette
fried chicken
This is my
personal feeling.

At that time, I used to buy corn or crab cream croquettes (8 pieces), fried chicken (6 pieces), fried food wrapped in nori (8 pieces), and spring rolls (8 pieces).
Spring Rolls
Fried Food Wrapped in Nori
Crab Cream Croquettes
Corn Cream Croquettes
Fried Chicken

the batter will be crispy and the inside juicy.

Frozen food manu-facturers are amazing...

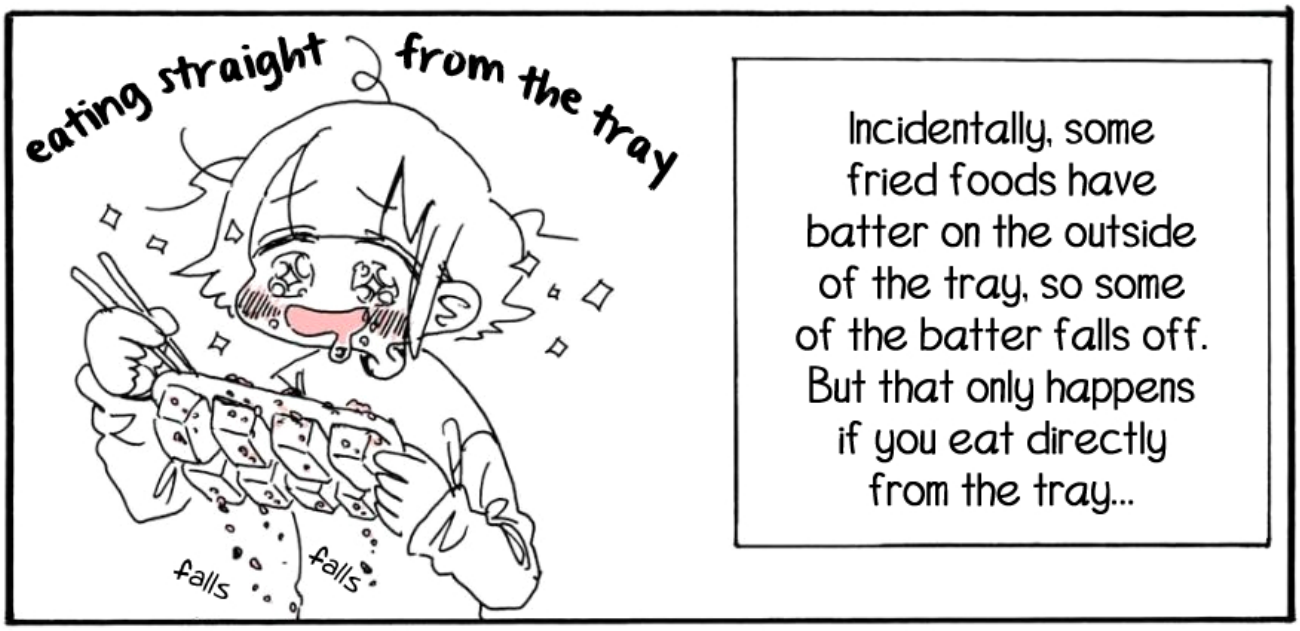
I'm chewing on the thought that if I defrost it the same day,

One or two at most

I used to have a small amount of these cold foods in my lunch box

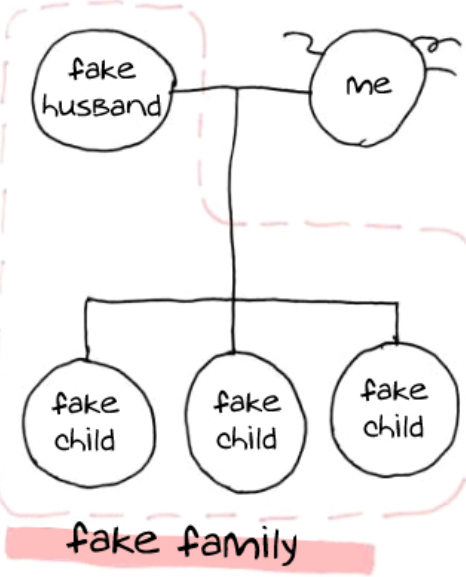
Now I can enjoy as many as I like, not just one or two

A FEAST INDEED



Incidentally, some fried foods have batter on the outside of the tray, so some of the batter falls off. But that only happens if you eat directly from the tray...

This is the kind of thing that makes shopping look like "We're a family of five with kids who are eating a lot".



The allure of a lunch box feast is so powerful that it is not worth to weigh such temporary shame against it.

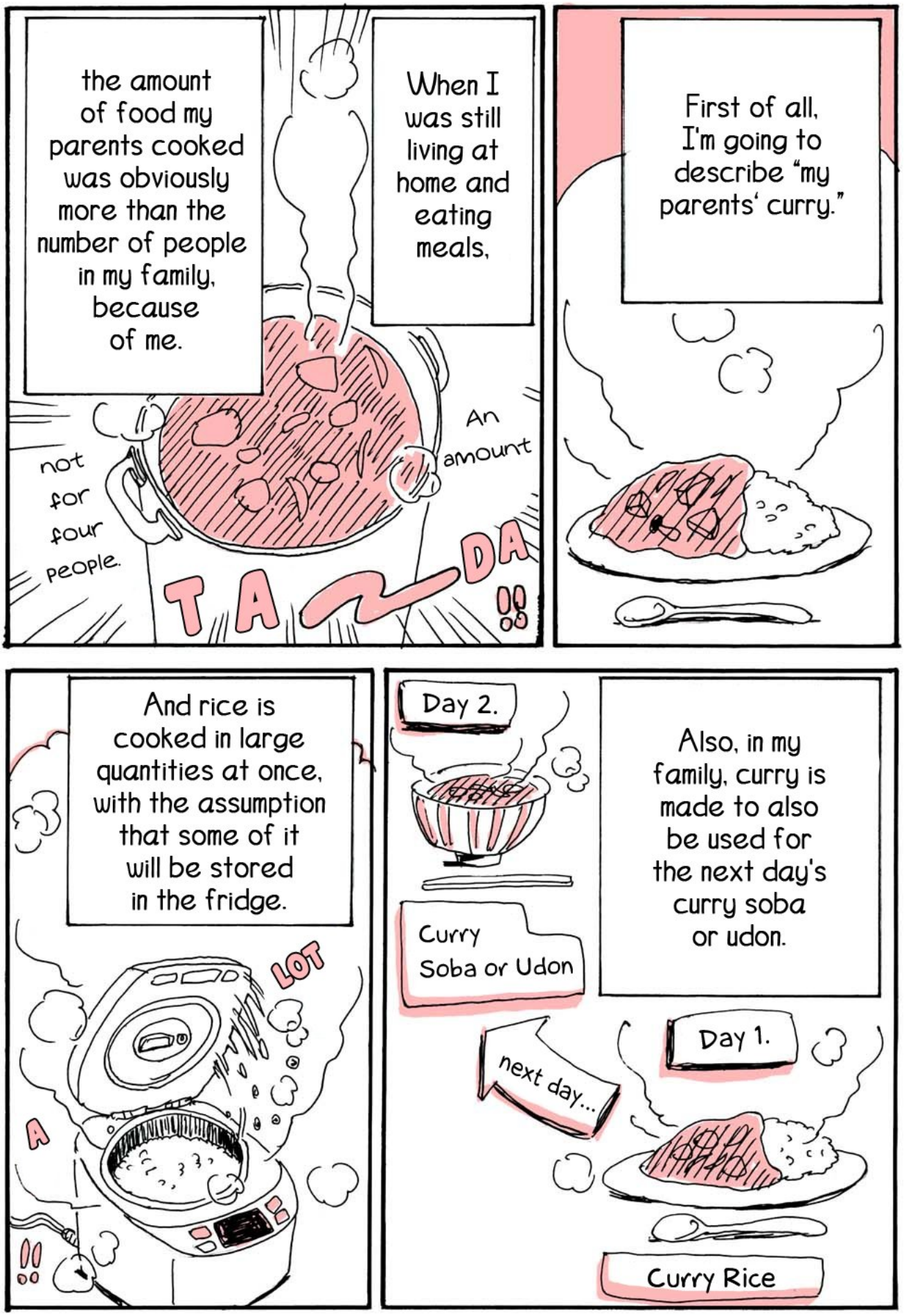
Original story by Nagata Kabi
TL, ED and QC by Lilium, TS by violet
Dragomir Scanlation - Discord.gg/hZBrtCmQfu

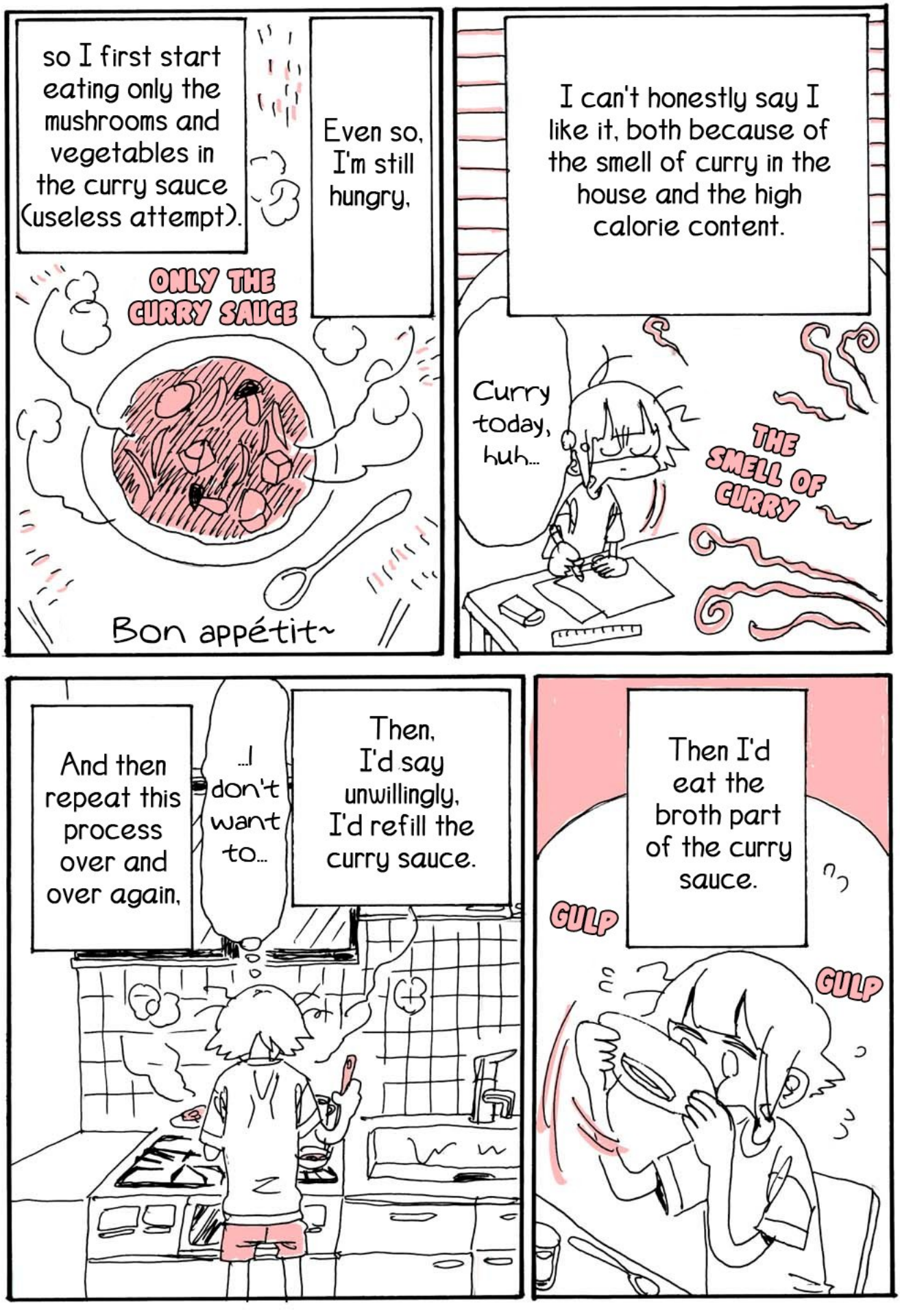
The descriptions of medical care and drugs depicted in the work are based solely on the author's personal experience and subjective opinion. Readers are advised not to make their own judgments and to always seek the judgment of a physician. The author does not intend to encourage overeating and vomiting.

Chapter 5: Food that gets me in the zone - Curry

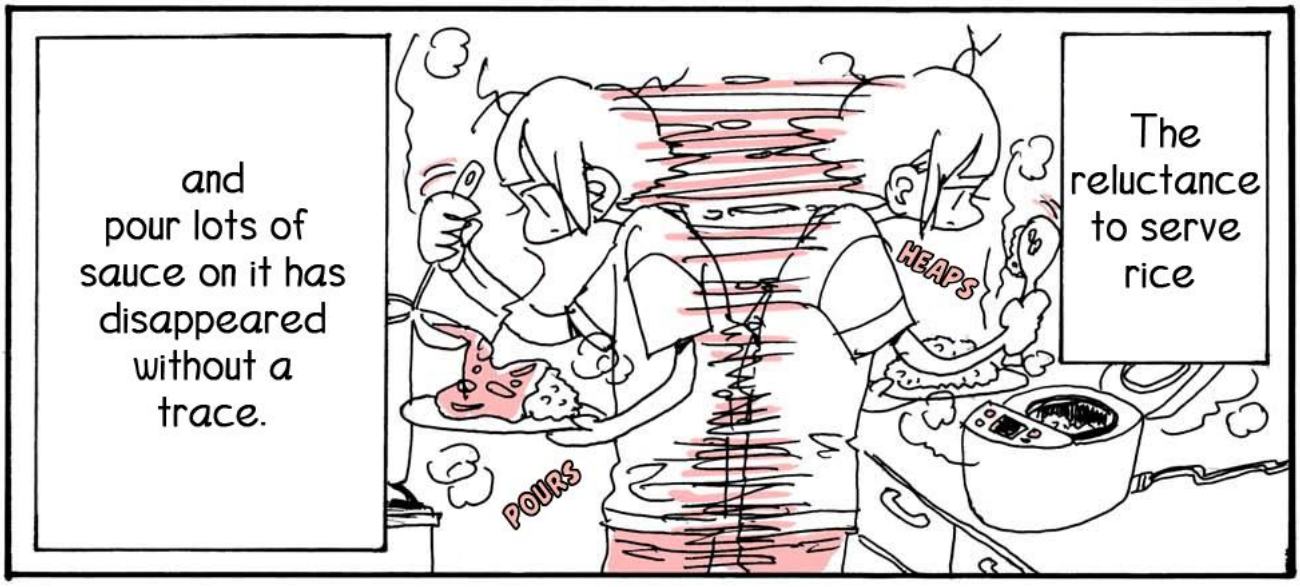
Do you have any "foods that you find extremely difficult to stop eating and also don't want to stop eating."
munch munch
munch munch munch munch munch

In my case, it's "my parents' curry" and "my parents' spaghetti" for sure.
SPAGHETTI
!!
Foods that are difficult to stop once you (unwillingly) start eating them.
TADAAAA
CURRY


When I was still living at home and eating meals,
the amount of food my parents cooked was obviously more than the number of people in my family, because of me.
An amount
not for four people.
TA
DA
First of all, I'm going to describe "my parents' curry."
And rice is cooked in large quantities at once, with the assumption that some of it will be stored in the fridge.
A
LOT
!!
Day 2.
Curry Soba or Udon
Also, in my family, curry is made to also be used for the next day's curry soba or udon.
next day...
Day 1.
Curry Rice


so I first start eating only the mushrooms and vegetables in the curry sauce (useless attempt).
Even so, I'm still hungry.
ONLY THE CURRY SAUCE
Bon appétit~
I can't honestly say I like it, both because of the smell of curry in the house and the high calorie content.
Curry today, huh...
THE SMELL OF CURRY
And then repeat this process over and over again.
...I don't want to...
Then, I'd say unwillingly, I'd refill the curry sauce.
Then I'd eat the broth part of the curry sauce.
GULP
GULP

Entering the curry is sooooo good zone.
The sound of a switch being turned on
FLI
CK
I would enter the "Curry is sooooo good" zone.

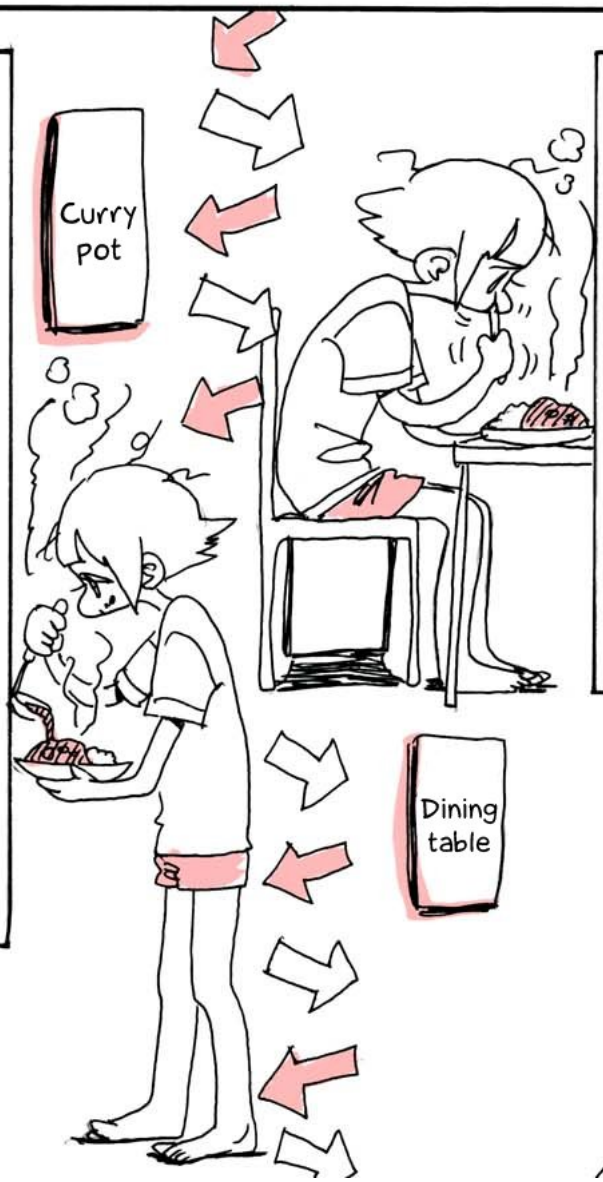

and pour lots of sauce on it has disappeared without a trace.
POURS
HEAPS
The reluctance to serve rice

Huh...?
MUNCH
MUNCH
MUNCH
MUNCH
And for some reason, no matter how much I eat, I never feel satiated.

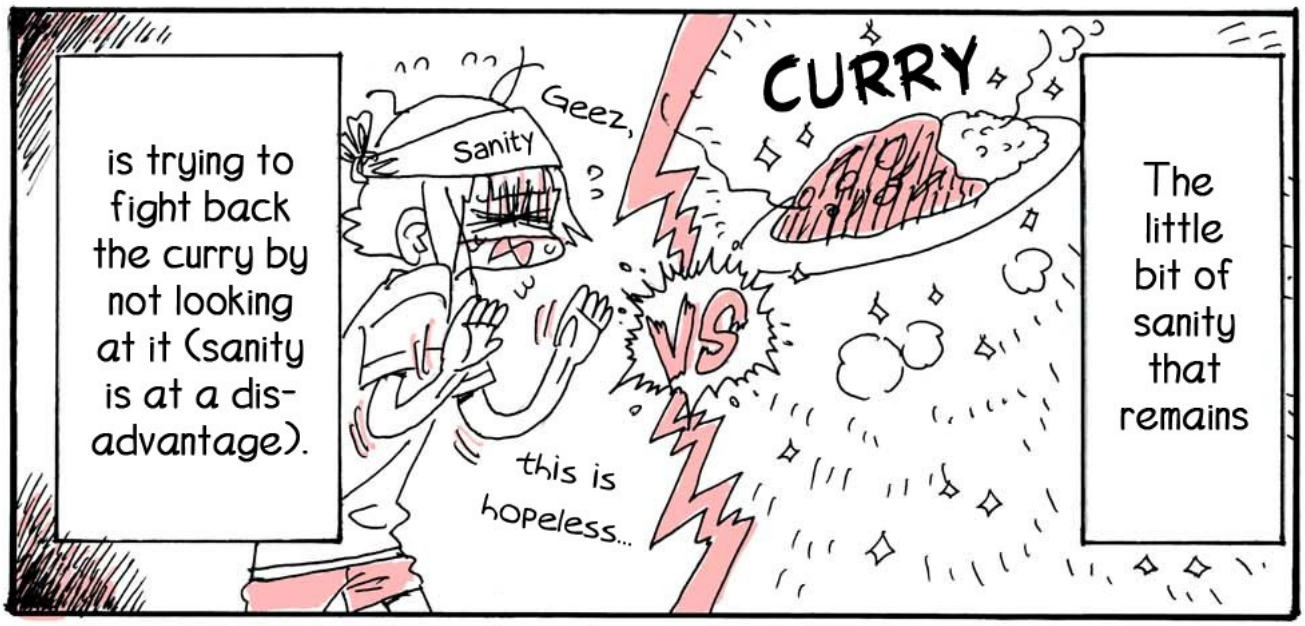
it's extremely difficult to stop eating.

Once I get into this state, no matter how full my stomach is,

The expression "out of control" fits perfectly, as it is an out-of-control situation.



I can't stop going back and forth between the dining table and the curry pot, wondering what my family thinks of me.


is trying to fight back the curry by not looking at it (sanity is at a dis-advantage).
Sanity
Geez,
this is hopeless...
CURRY
VS
The little bit of sanity that remains

But even so, I can't suppress my desire for curry.
Ah~! This is all there's left, it may not even be enough for the four of us tomorrow...!

I left the house and went...
wallet
SL
AM
Thanks for the meal!!!!
And so,

What I crave so madly is "my parents' curry", but "my parents' curry" is limited.

CURRY

to the nearest con-venience store to buy some more curry.

I won't heat it up.

No need.

Would you like me to heat it up?

I don't want to wait for it to heat up or even have to wait for it to cool down, so...

so I buy as many curry buns and other curry products as I can find on the shelves, and hurry home.

Curry Bread

Curry Bun

OM

Curry

ZO

The number of curry products at the convenience store is limited,

and all I can do is keep stuffing curry into my stomach until I throw up.

Curry ~2nd season~

munch munch munch

And so, in my room, "Curry -2nd Season-" begins.

Eventually, my stomach would reach a real, real physical limit, and by the time all the vomiting was over, it was always quite late.

completely...

The abnormal obsession with "my parents' curry" has subtly transformed into a "desire to eat curry, even if I have to compromise".

Convenience store curry

Com-promise

Curry bread

Curry bun

My parents' curry

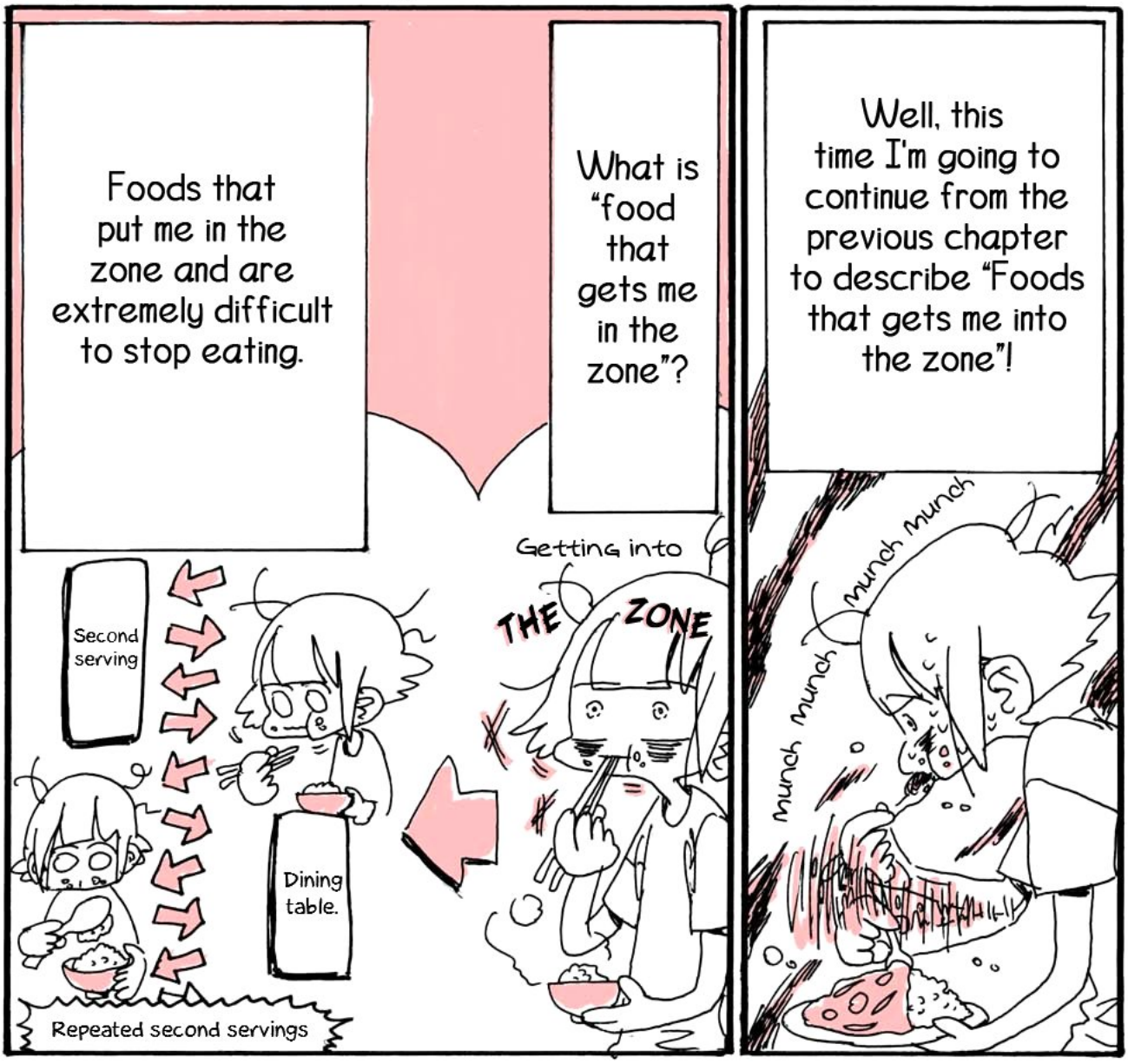
or if I should consider it a gateway to disaster.
Eh... Uhm...
Honestly, do you like me?! Do you hate me?!
This is even in dinner
Because of this, I'm not sure if I should be happy about the "curry for dinner" thing

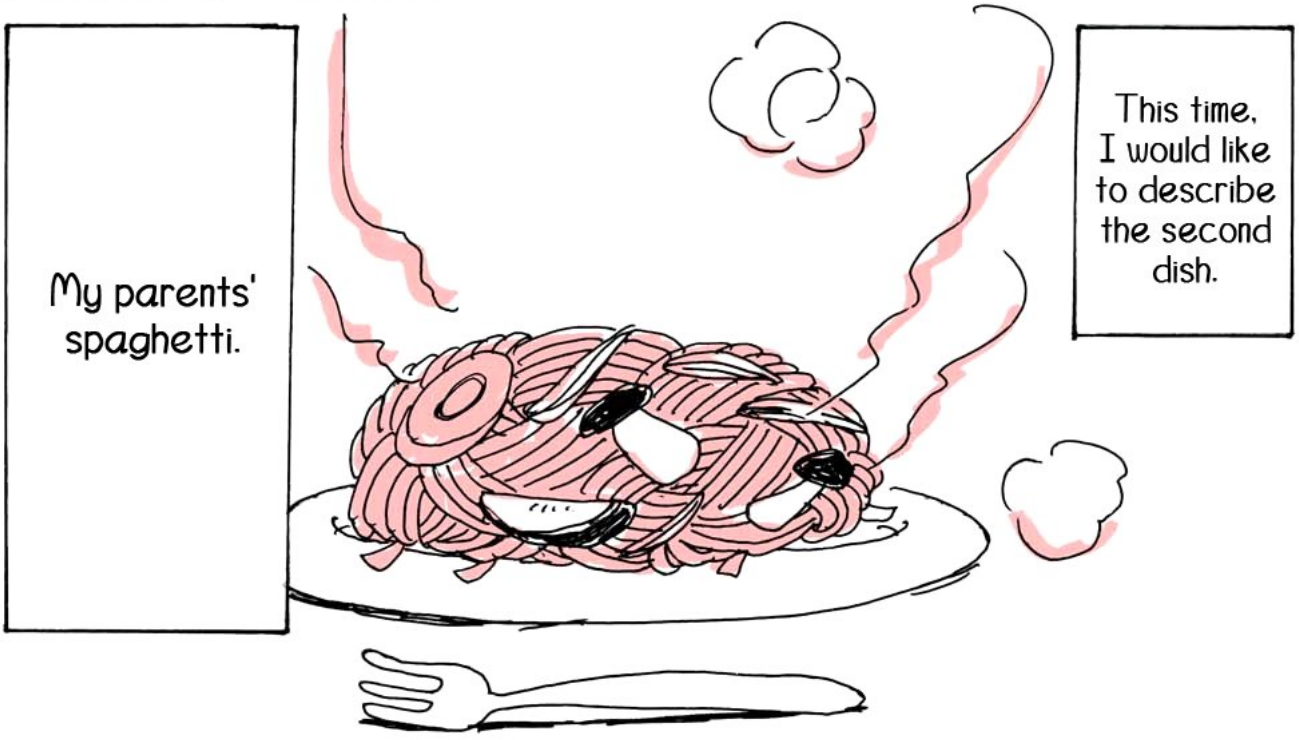
This has gotten quite long, so I'll be letting you go. The next chapter, "My parent's spaghetti".
Original story by Nagata Kabi
TL, ED and QC by Lilium, TS by violet
Dragomir Scanlation - Discord.gg/hZBrtCmQfu

Anyway, I am grateful (and have mixed feelings) to my mother who makes such a delicious, addictive curry.
I don't know what she puts in it to make it taste so crazy good...

The descriptions of medical care and drugs depicted in the work are based solely on the author's personal experience and subjective opinion. Readers are advised not to make their own judgments and to always seek the judgment of a physician. The author does not intend to encourage overeating and vomiting.

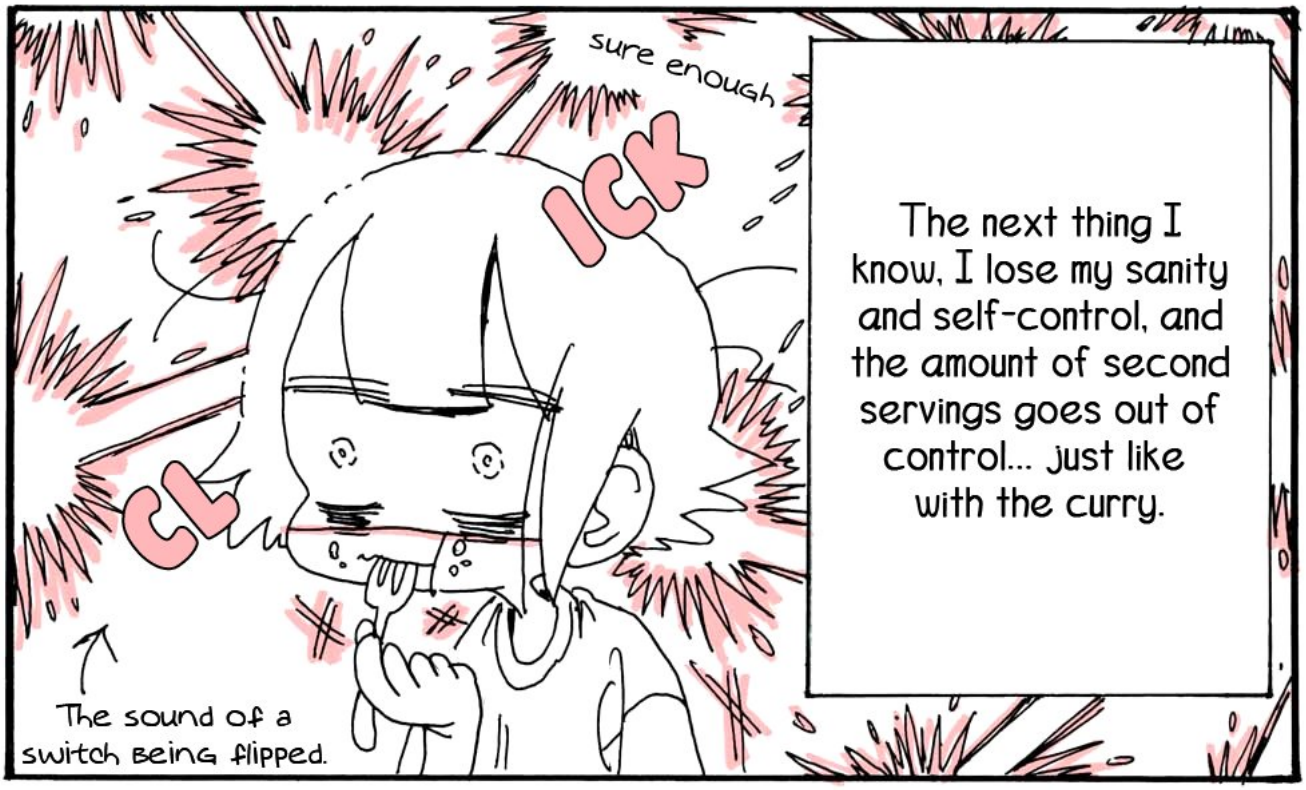
Chapter 6: Food that gets me in the zone - Spaghetti


Foods that put me in the zone and are extremely difficult to stop eating.
What is "food that gets me in the zone"?
Well, this time I'm going to continue from the previous chapter to describe "Foods that gets me into the zone"!
Second serving
Dining table.
Repeated second servings
Getting into
THE ZONE
munch munch
munch munch



As a last-ditch effort to avoid overeating and calories, I start with the mushrooms and vegetables...

Spaghetti, like curry, is made in monstrous quantities at my parents' house, and each person takes their portion from the large pot.



The next thing I know, I lose my sanity and self-control, and the amount of second servings goes out of control... just like with the curry.

But here's the scary thing about spaghetti.

He he he...

Thick and tough...

Plump

Soggy.

Freshly cooked.

Boil it.

As you all know, spaghetti gradually becomes thicker and bulkier after cooking.

I like carbo-hydrates that have absorbed water and increased in bulk.

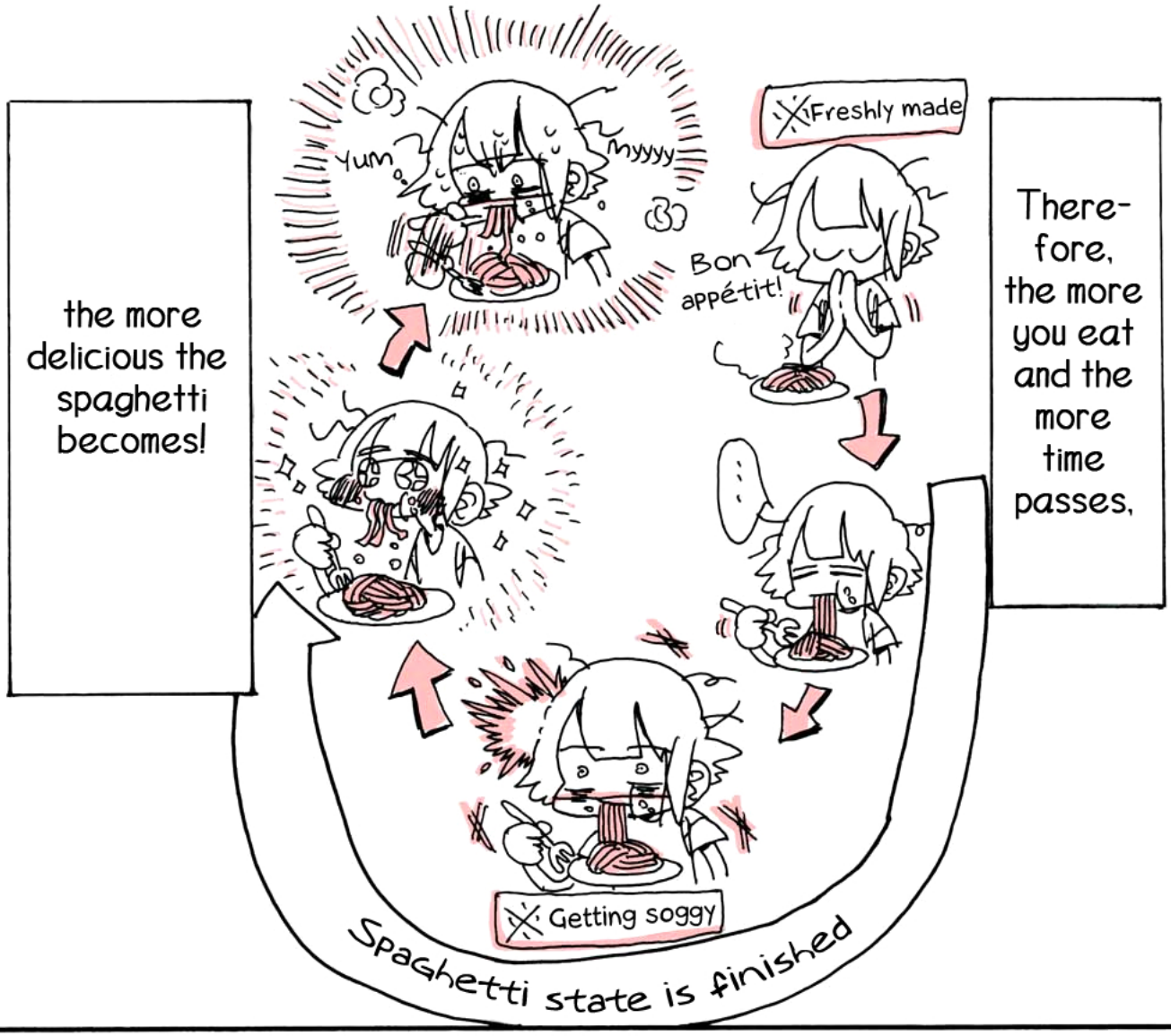
Soggy Udon Noodles

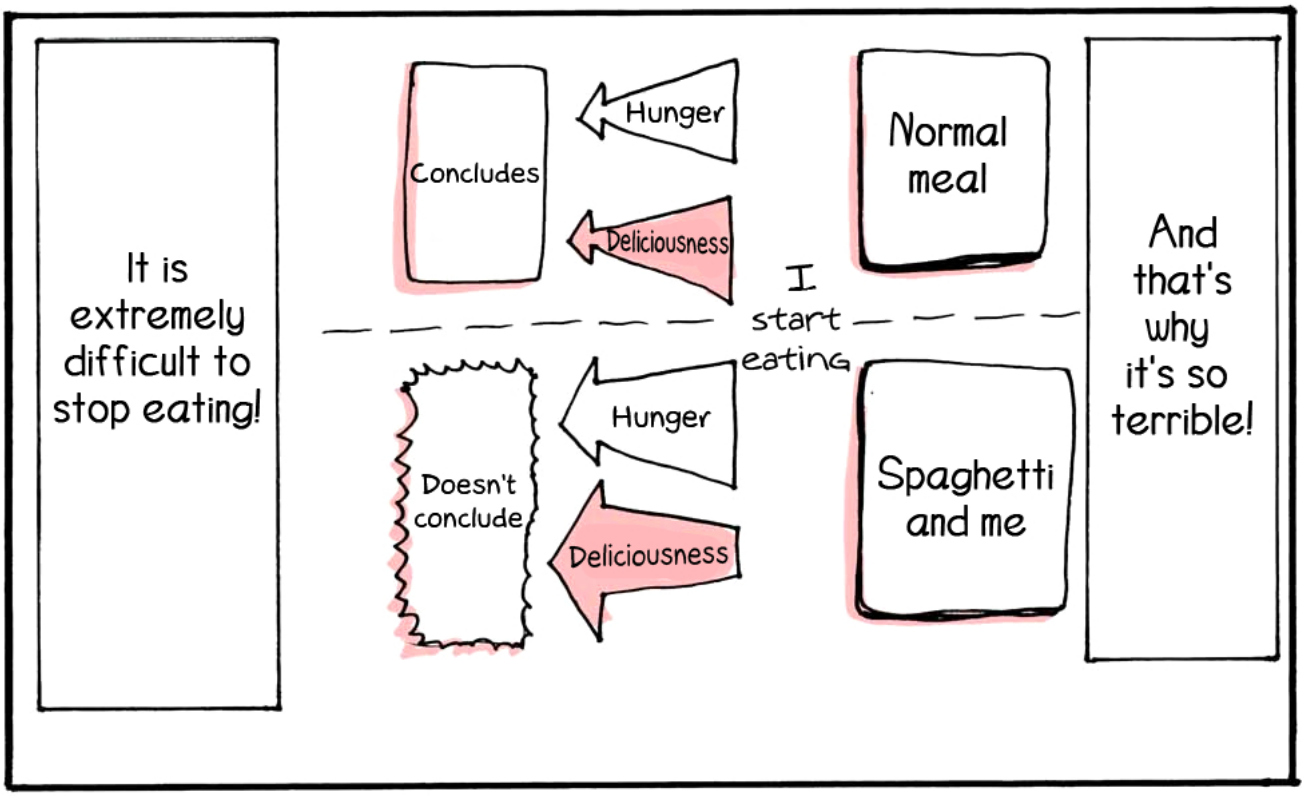
French Toast

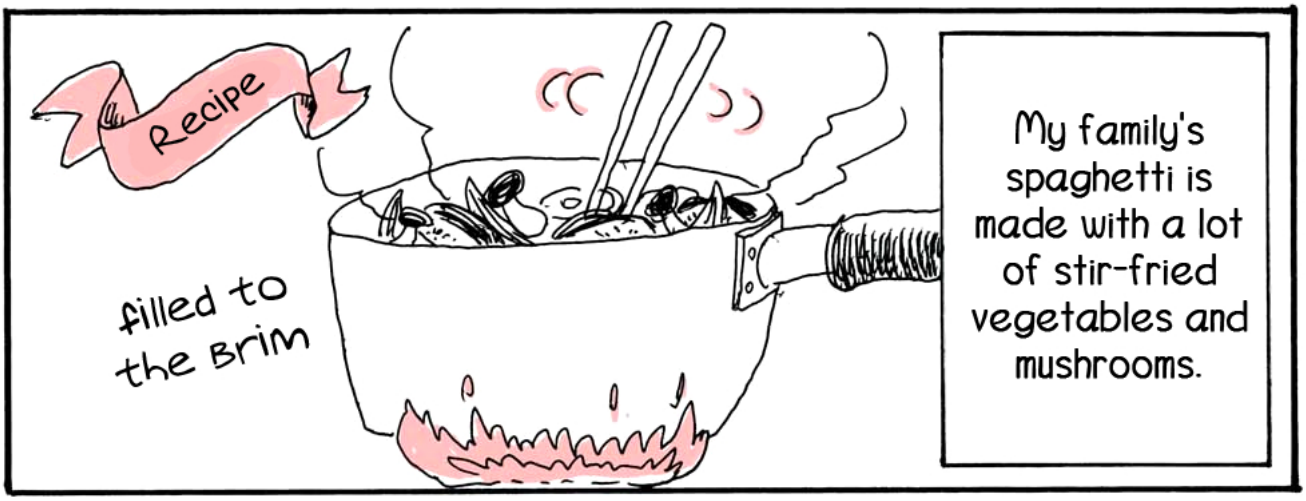
Soggy Cup Noodles

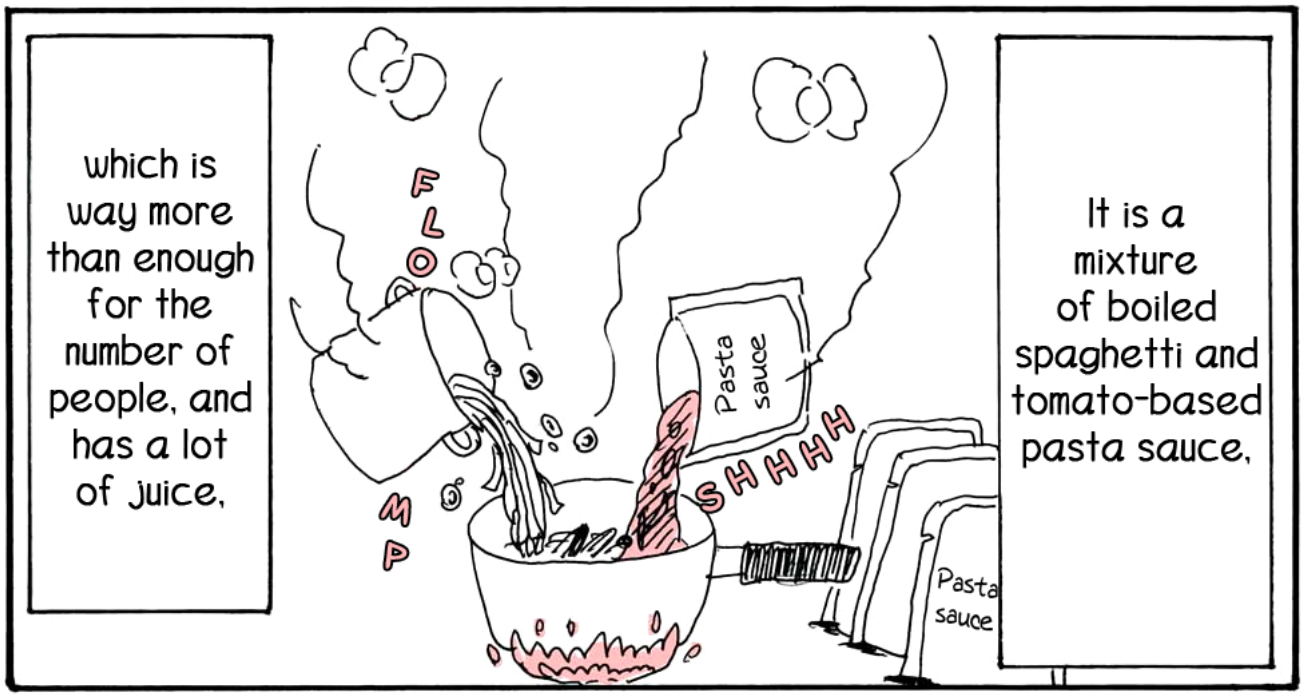
CUP NOODLE

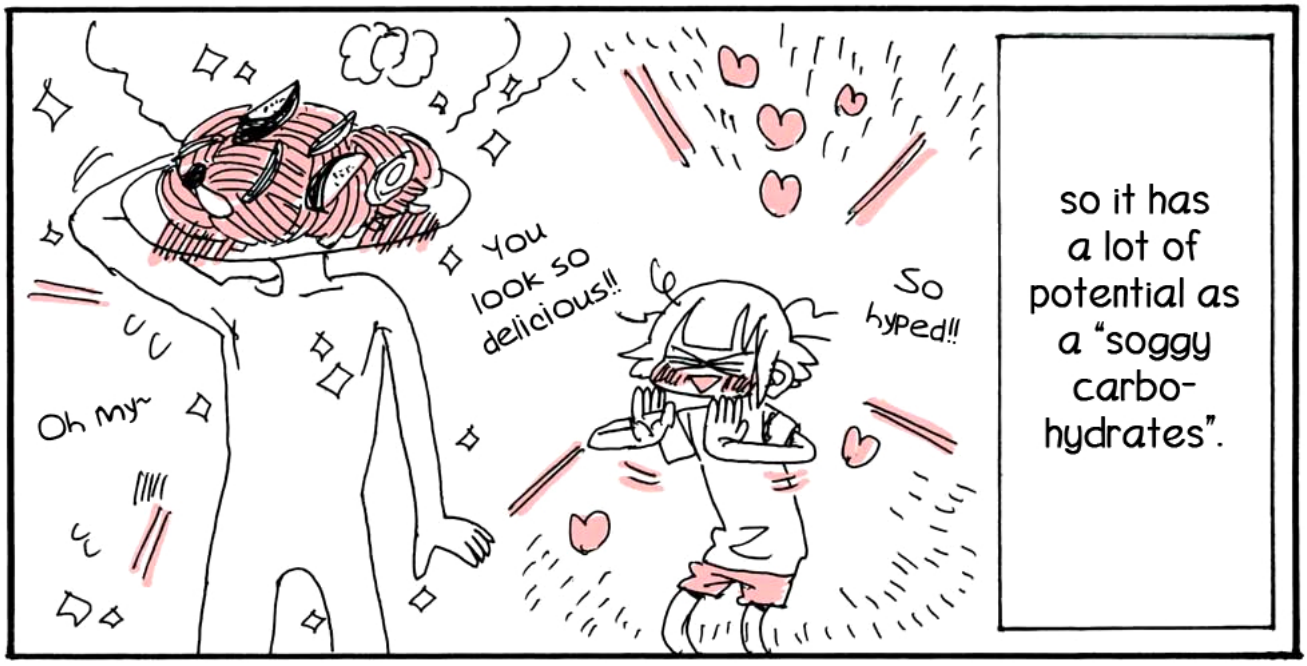
As described in chapter 3 "I like soft and flabby carbo-hydrates".


the more delicious the spaghetti becomes!
Yum
Myyyy
Freshly made
Bon appétit!
There-fore, the more you eat and the more time passes,
Getting soggy
Spaghetti state is finished


It is extremely difficult to stop eating!
Concludes
Hunger
Deliciousness
Normal meal
I start eating
Doesn't conclude
Hunger
Deliciousness
Spaghetti and me
And that's why it's so terrible!


Recipe
filled to the brim
My family's spaghetti is made with a lot of stir-fried vegetables and mushrooms.


which is way more than enough for the number of people, and has a lot of juice,
FLOMP
Pasta sauce
SHHHH
Pasta sauce
It is a mixture of boiled spaghetti and tomato-based pasta sauce,

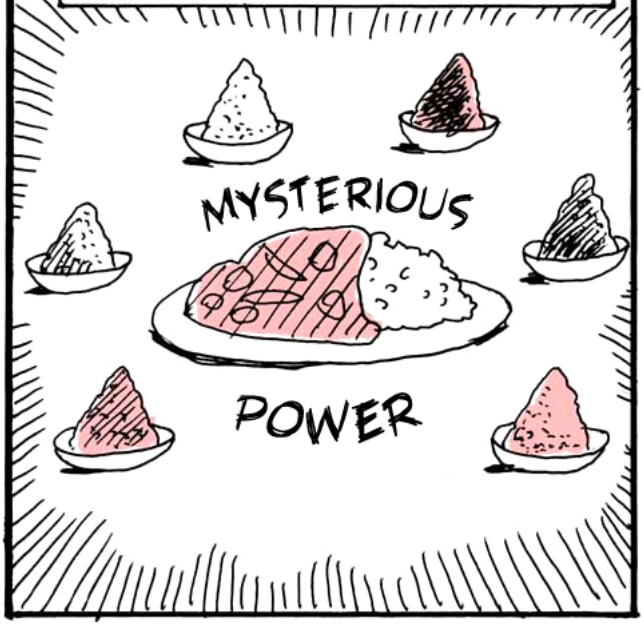

Oh my~
You look so delicious!!
So hyped!!
so it has a lot of potential as a "soggy carbo-hydrates".

but it feels like the "physical limit of my stomach" comes faster than with curry.

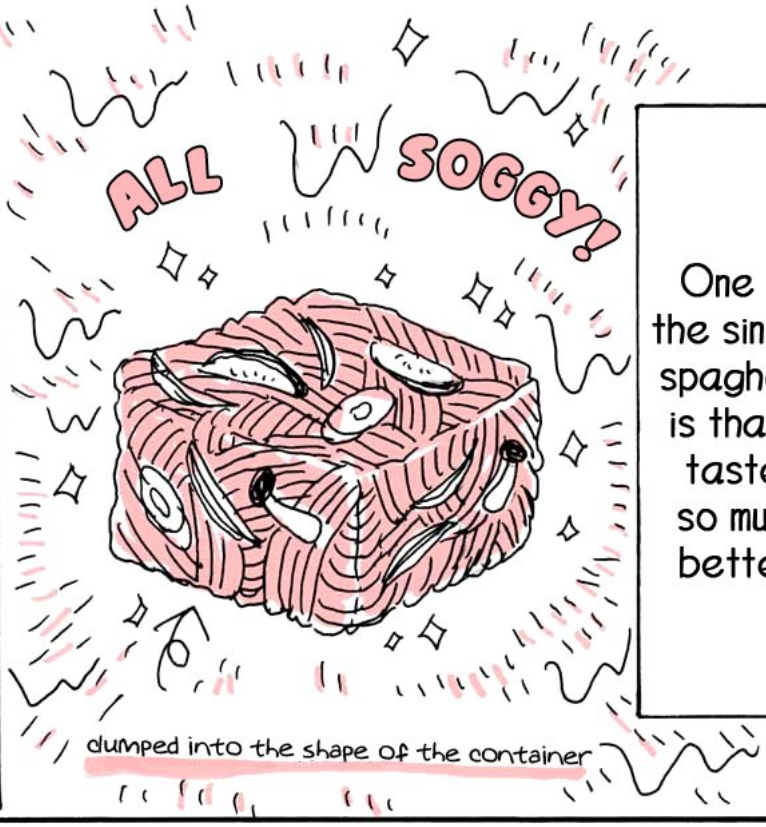
The more you eat the spaghetti, the tastier it gets,

If by some miracle there is spaghetti left over, it is stored in the refrigerator.

I wonder if the power of the spices in curry keeps stimulating my appetite... it's a frightful thing.



when it has been soggy, cooled, and clumped into the shape of a container!



One of the sins of spaghetti is that it tastes so much better

In that sense, the difficulty of finishing the dish may be worse than that of curry, as it lingers on afterwards!

There's the risk I'd eat it when I'm hungry in the middle of the night.

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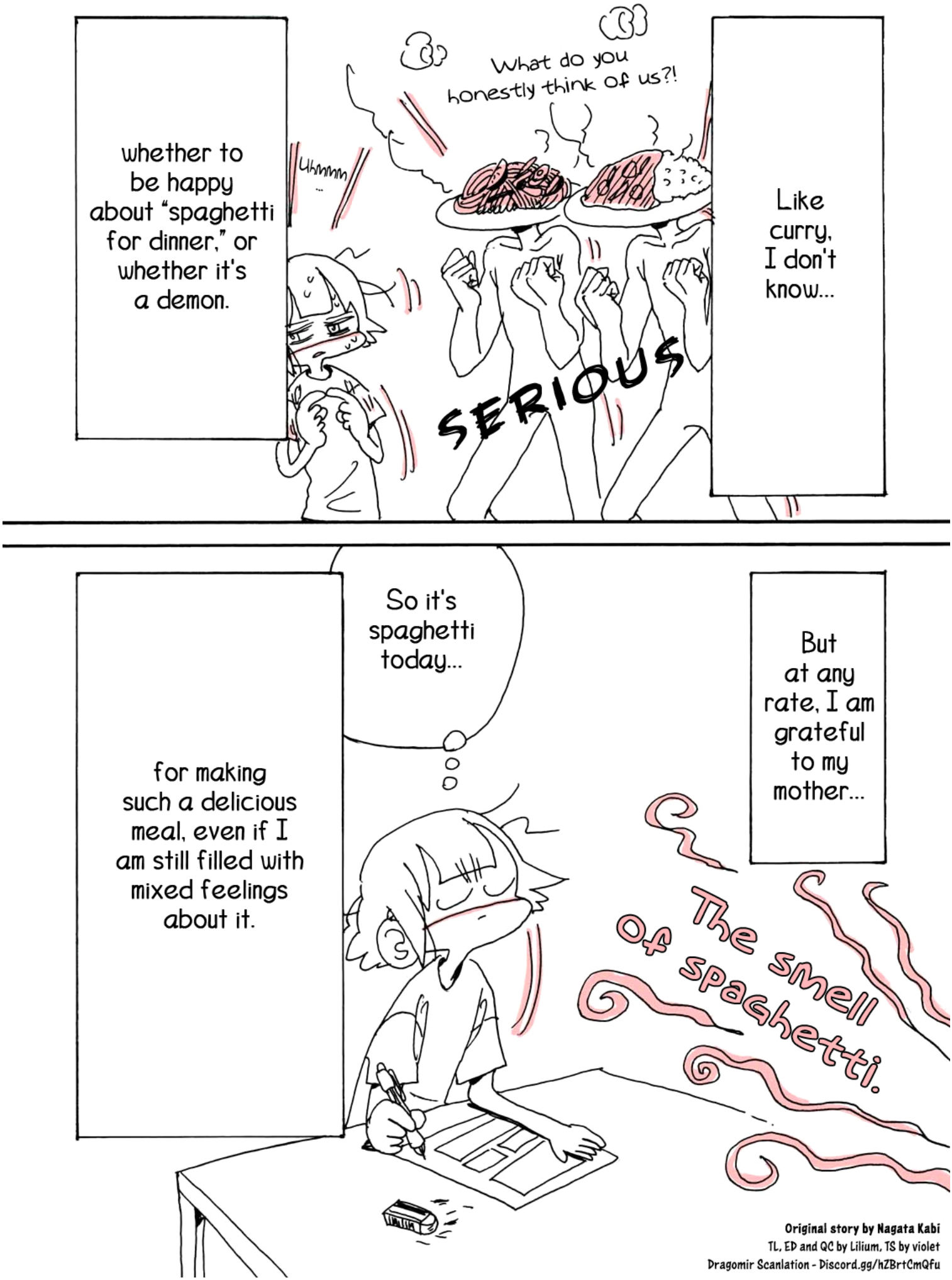

whether to be happy about "spaghetti for dinner," or whether it's a demon.
Uhmmm...
What do you honestly think of us?!
SERIOUS
Like curry, I don't know...
So it's spaghetti today...
for making such a delicious meal, even if I am still filled with mixed feelings about it.
But at any rate, I am grateful to my mother...
The smell of spaghetti.

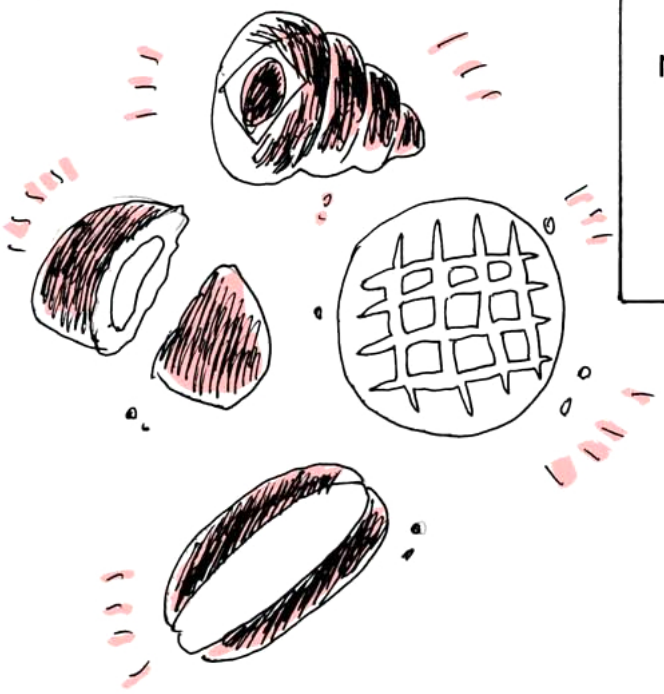
Original story by Nagata Kabi
TL, ED and QC by Lilium, TS by violet
Dragomir Scanlation - Discord.gg/hZBrtCmQfu

Chapter 7: Bread you want to add more margarine to

There are two types of sweet breads: "breads that are complete on their own" and "breads that you want to add more margarine to".
MORE
Margarine
Margarine

When I write about bulimia and food, I think that one food that cannot be avoided is sweet breads.

Sweet Buns



I'll write more about that later.

At least, that's how it is for me.

I think a lot of people who binge eat and then purge tend to be addicted to sweet buns (probably).

The best thing about them is that they are inexpensive and filling.

Time to learn!!

Why sweet breads? Because there are a lot of them in convenience stores and supermarkets, and they're easy to get.

Now, let me tell you more about the case of the bread and margarine mentioned at the beginning of this chapter.

Another reason for picking them up is that they have a short shelf life and are easily discounted.

The first is "bread that already contains margarine".

There are two types of breads that make me want to use margarine.

MORE Margarine

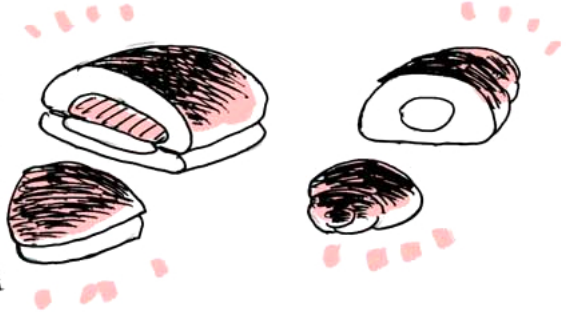
BAM

Bread with Margarine

I'm not satisfied with the amount of margarine in the bread, so I feel the need to add more.

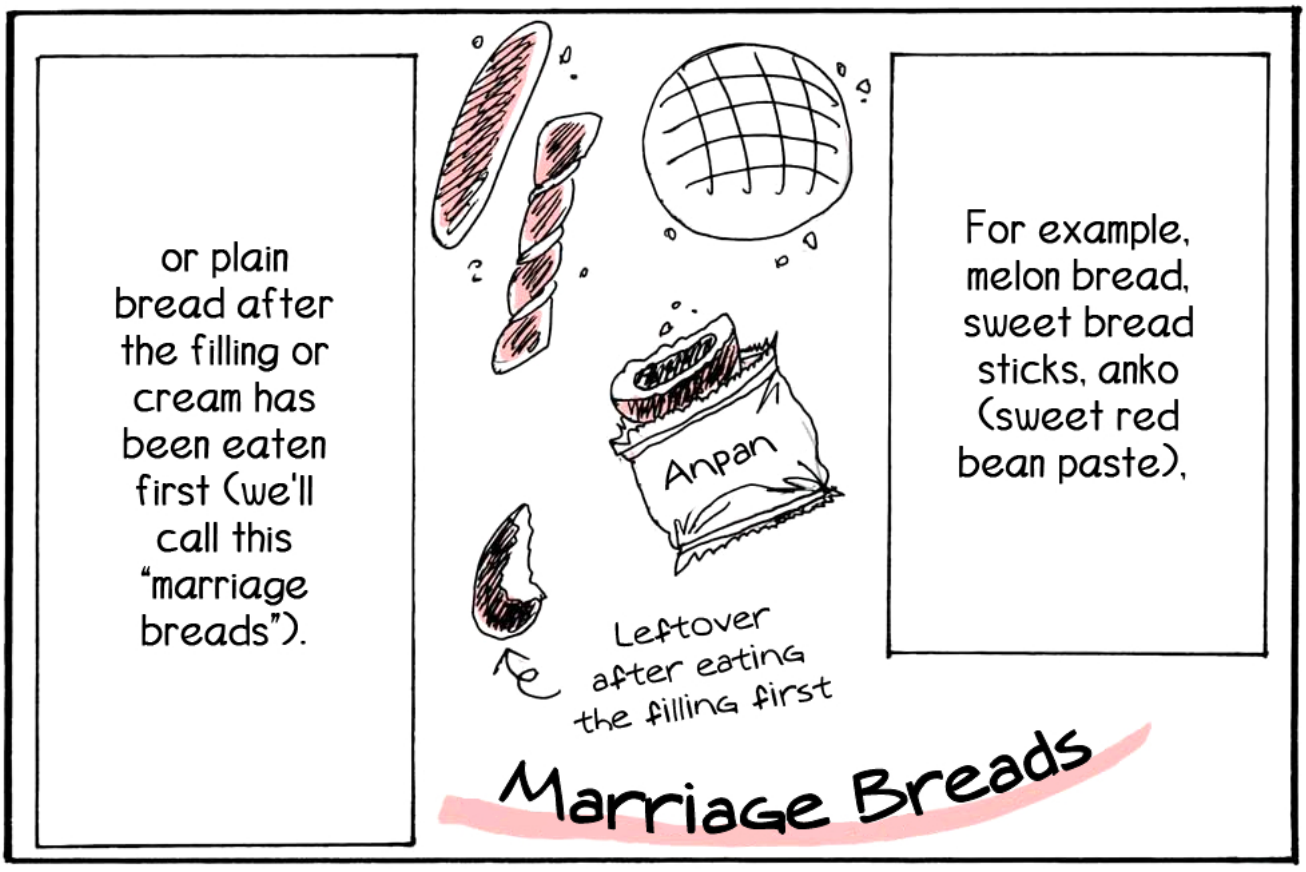
We call these "priming breads"

Priming Breads



Examples include jam and margarine bread roll and butter rolls with margarine.

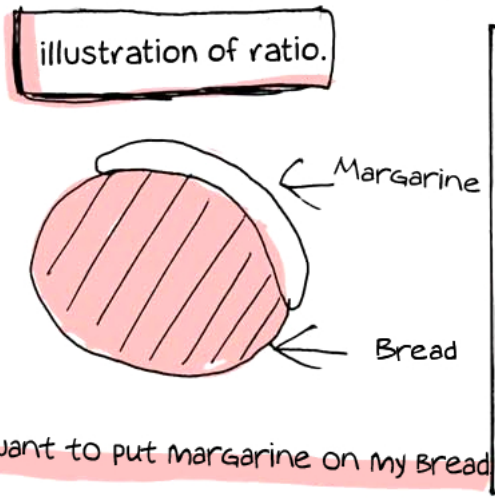
I'LL HAVE TO DIP IT IN MARGARINE...!!
THIS ...!!
GASP
And the other kind?
There are some sinful breads that I can't help but think that of.


or plain bread after the filling or cream has been eaten first (we'll call this "marriage breads").
Anpan
Leftover after eating the filling first
For example, melon bread, sweet bread sticks, anko (sweet red bean paste),
Marriage Breads

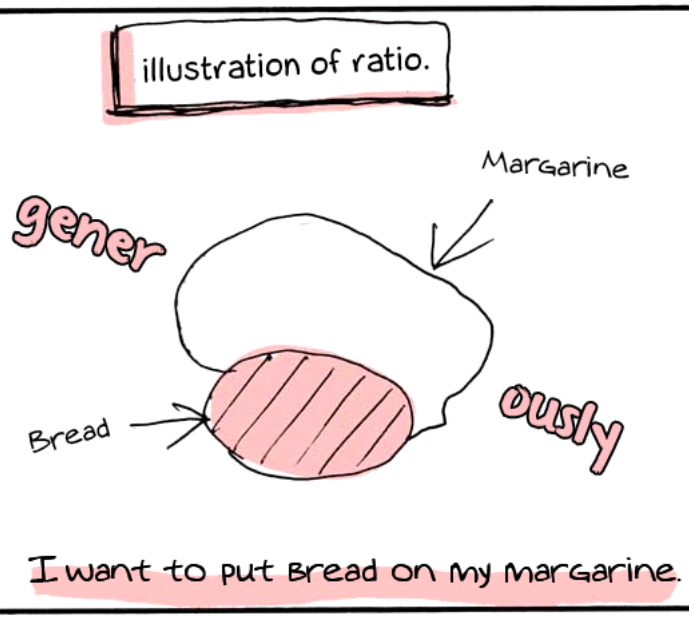
or contains sufficient oil which is different from margarine.

By the way, "bread that is complete on its own" means bread that is deep-fried, filled with cream, chocolate,

"I want to put bread on the margarine" is closer in proportion and feeling than



Also, when I want to put margarine on breads that I want to add more margarine to,

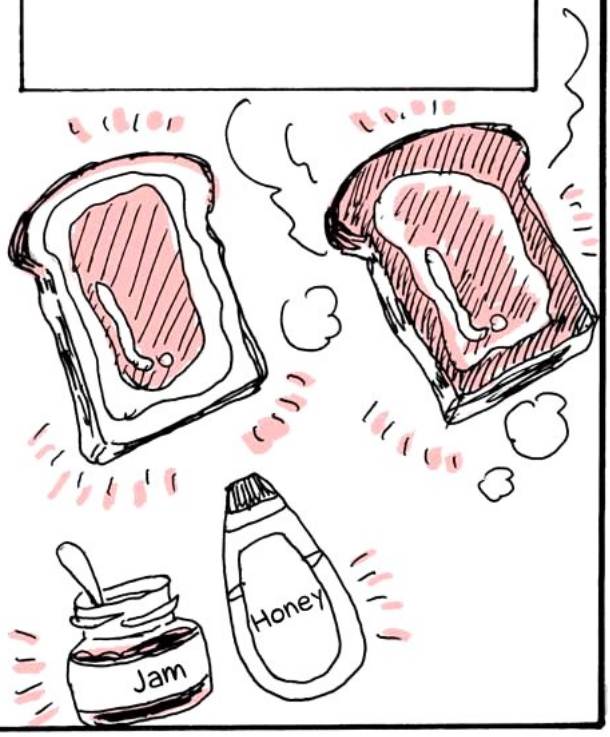


"I want to put margarine on the bread", but I wonder if you understand...

is a repeat of the process of spreading margarine straight from the margarine container.

When you're in the "I want to dip my bread in margarine" state, every bite of bread you take...

if you have the time, you can toast it, spread jam on it, or enjoy other variations.



Also, if you get to the point where you want to dip bread in margarine, a loaf of bread or bread rolls are more affordable and filling.

or, depending on my state of mind, margarine,

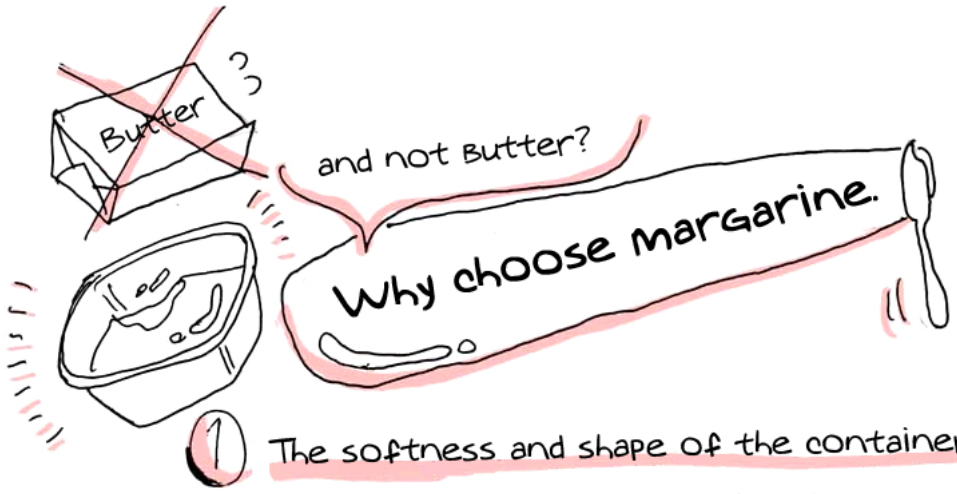
Incidentally, my favorite way to eat bread these days is to dip it in milk with sugar.

I really like soggy carbohydrates (see chapter 3)...

Butter has gone up so much in price...

A small container costs just under ¥400...

and lately I've been feeling a little bit better, so I've been enjoying some nice butter.



1. The softness and shape of the container makes it easy to spread on impulse.
2. it is cheaper than Butter.
3. The Bread here is from supermarkets and convenience stores, which originally use margarine rather than Butter in their Bread, so it goes well together.

First of all, the reasons why margarine is better than butter are as follows:

The shape of the container (and the softness of the product) is so suitable for applying margarine directly from the container, that I couldn't help but wonder...?

These are the main reasons, but especially the first reason.

I was a half-price hunter back in the day...

when I didn't have the money to buy margarine or anything, but still had the urge to overeat.

Half Price

Finally, I'd like to close by reminiscing about the bread that was helpful to me...

I used to buy it all the time, just for the cost versus the volume.

it's covered with a sugar coating in the shape of a line.

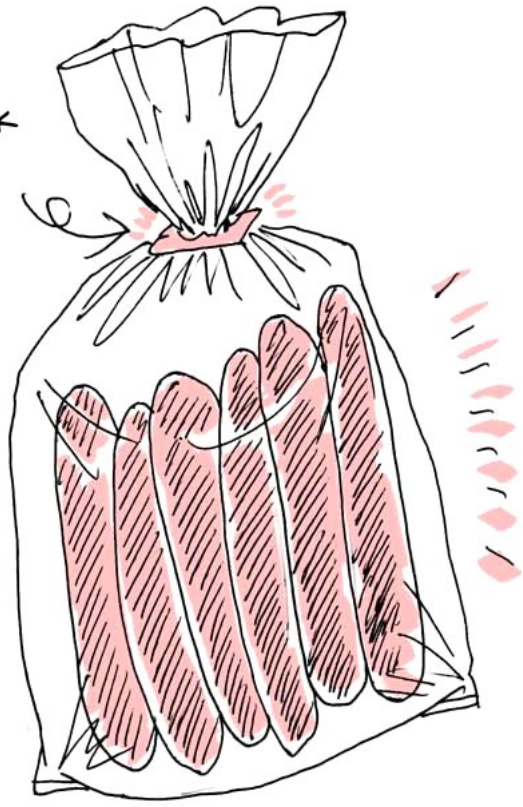
First, a big, flat Danish. I think it was about 100 yen at the convenience store back then...

I think it's a typical example of a bread, which has shrunk noticeably in recent years. I also bought this one because I wanted a good value for the money.

it shrunk!!

And there was the jam and margarine bread roll which was available at every convenience store, it was bigger then than it is now...

it had a clasp back then



Also, there were these bread sticks that you could find in every convenience store. I think there were a lot of these at the time... This is also attractive because it was cheap.

I often bought the ones with raisins because the flavor made up for the lack of margarine.

And there are the butter rolls with margarine in them, which are also available at convenience stores. I remember being very careful about the amount of margarine I used when eating them because I didn't have the financial means to add more margarine at the time...

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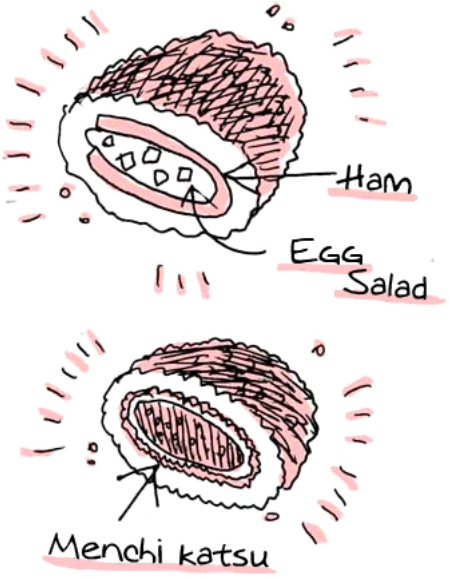
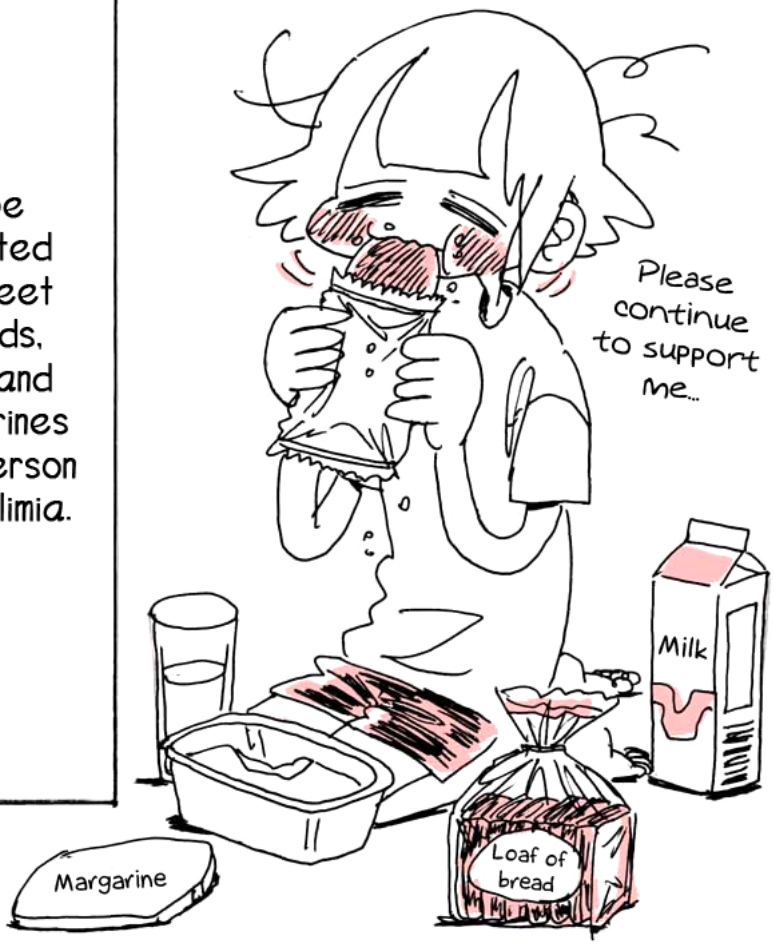
It's also excellent as a "bread completed by itself" because it's deep-fried and has a great cost-to-volume ratio.



Menchi katsu is a breaded and deep-fried ground meat cutlet...

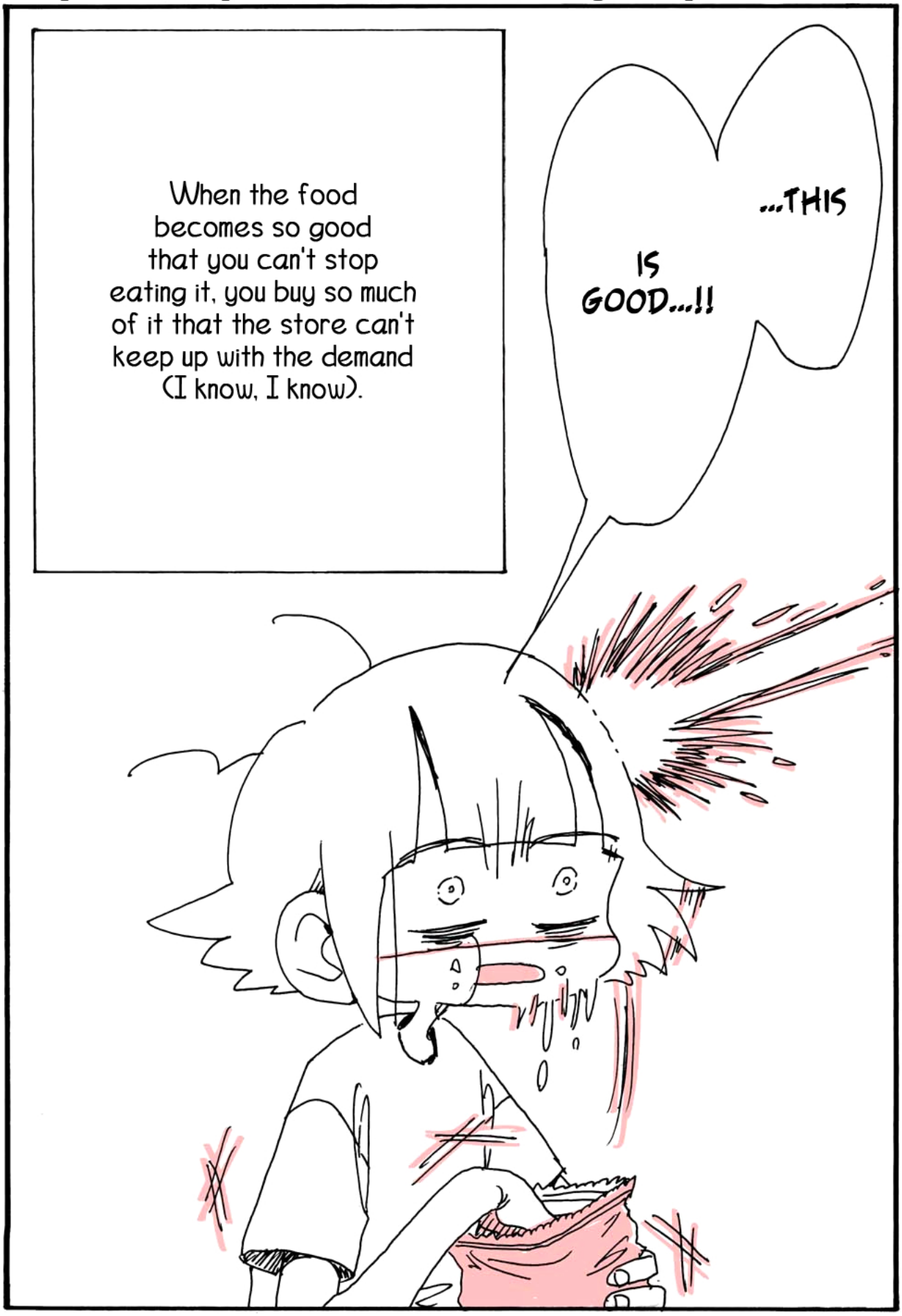
As for the stuffed bread, Yamazaki's "Big Ham & Eggs" and "Big Menchi katsu" used to be my favorites.

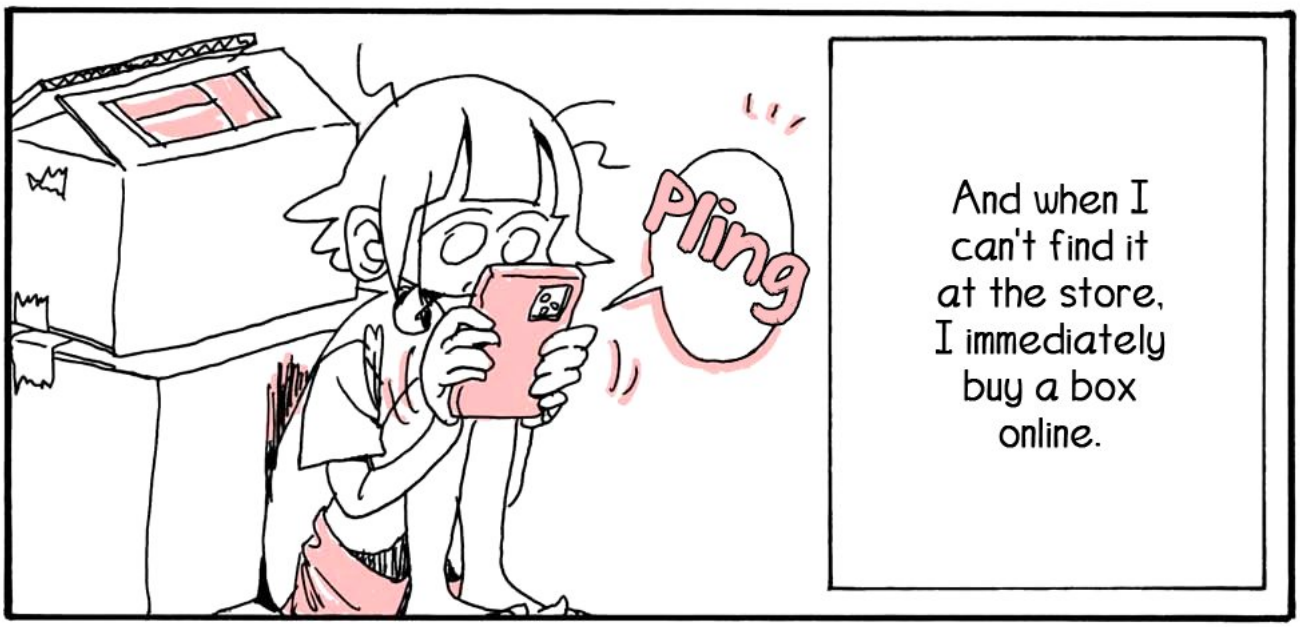
to be indebted to sweet breads, buns, and margarines as a person with bulimia.



Although they may become smaller or more expensive, I am sure that I will continue...

Chapter 8: People with bulimia who binge shop boxes of food

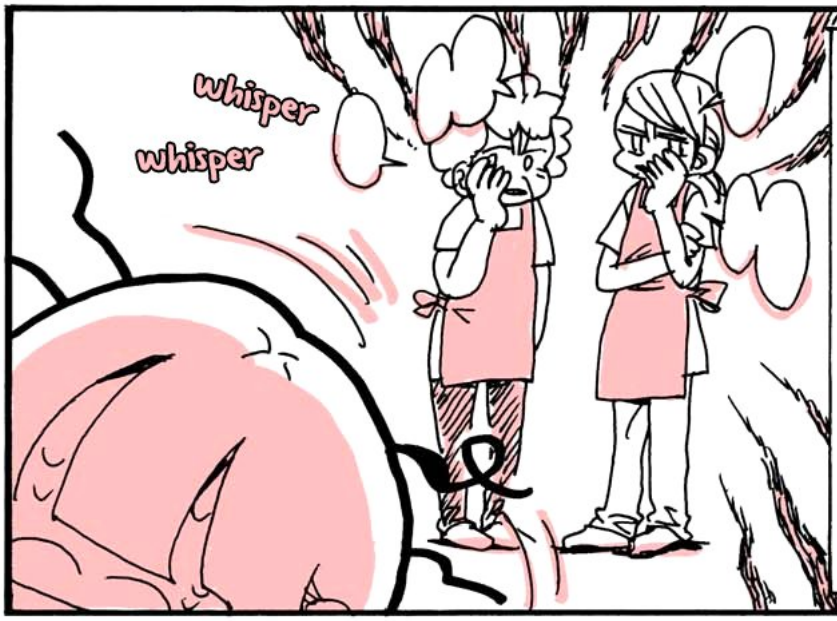

When the food becomes so good that you can't stop eating it, you buy so much of it that the store can't keep up with the demand (I know, I know).
...THIS IS GOOD...!!



And when I can't find it at the store, I immediately buy a box online.

so I get the receipt even though I don't need it.

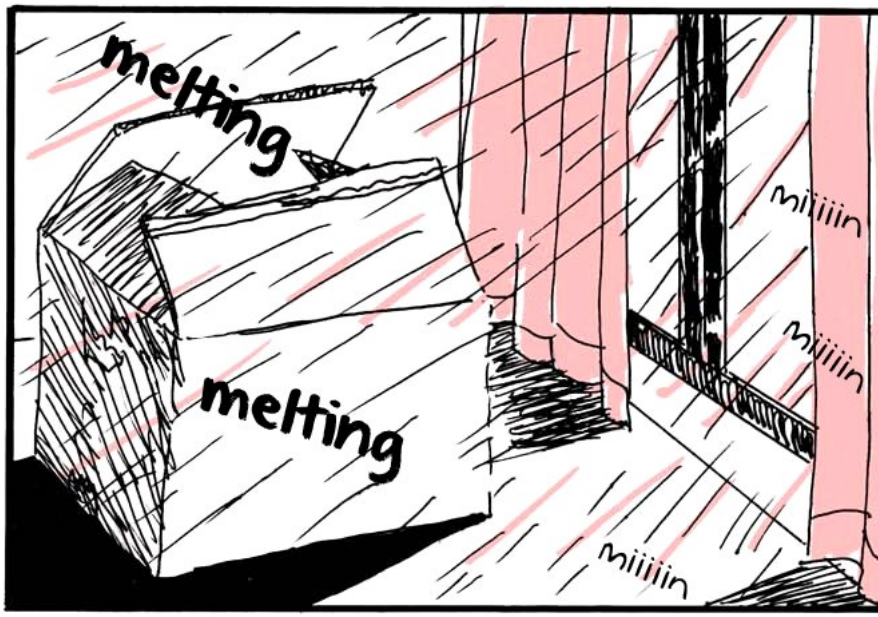
it's awkward when I buy a lot of the same thing in large quantities at the store, so I try to make it look like I use it for work



I think I'm probably being looked at oddly, or have gotten nicknames behind my back.

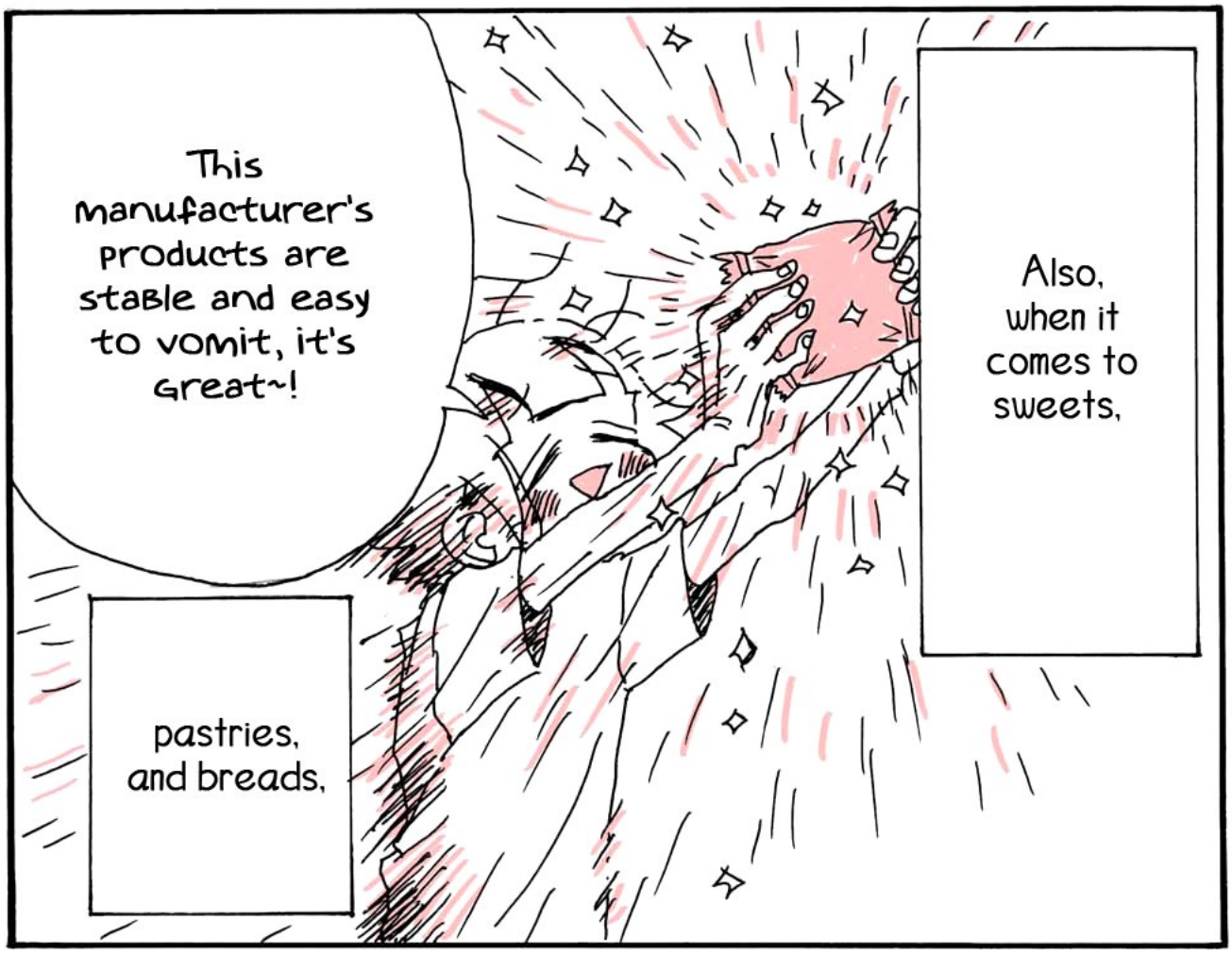
I bought all of them at the store and then bought a big box online, to eat them with every meal.

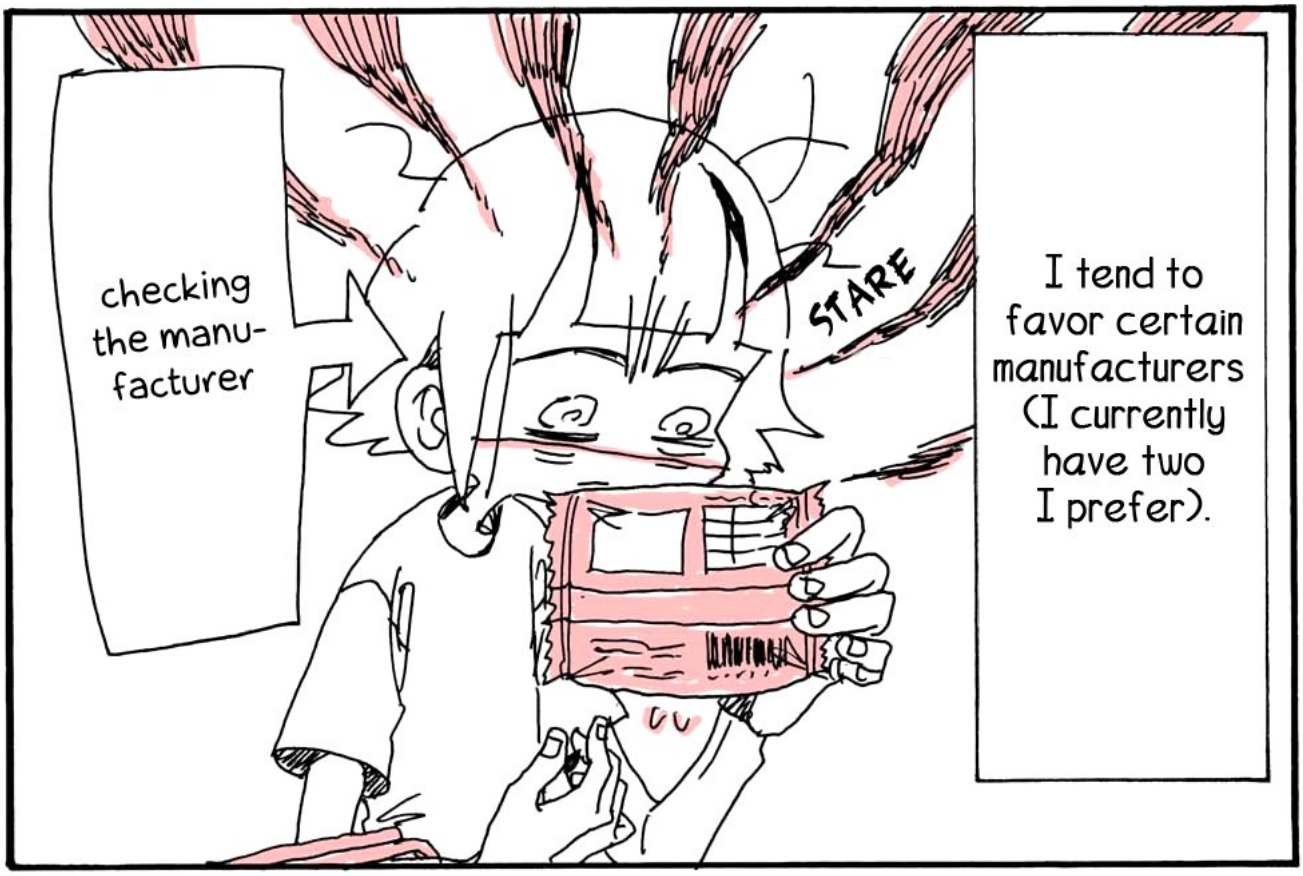
There was a time when I was addicted to Ginbis Asparagus Biscuits with chocolate filling.



I ordered too many big boxes at once, and when summer arrived, I hit a chocolate crisis.

I was so addicted to choco pies that I had a tower of 9-piece packages at all times during the summer, and I was in trouble.


This manufacturer's products are stable and easy to vomit, it's great~!
Also, when it comes to sweets,
pastries, and breads,


checking the manu-facturer
STARE
I tend to favor certain manufacturers (I currently have two I prefer).

You also have to buy food for the first meal of overeating (in my case, a salad), which is called "the bottom" in the bulimia community, so you have a lot of baggage to carry around.

When I was living alone, in addition to food for binge eating, I also have to buy daily necessities and consumables, so my baggage could get really bulky.

Also, the points on my loyalty card were accumulating at an embarrassing level.

I've been using large capacity eco-bags because I'm always buying in bulk,

but I've already wrecked four of them, and they're falling to pieces.

Piled up ecobag corpses...

That's my...

People who suffer from bulimia really drive the economy.

BUL KY

honest thought.

And so today I ate the same thing for every meal, bought a box of food on the Internet, and went on a shopping spree with my nearly wrecked ecobag in hand...

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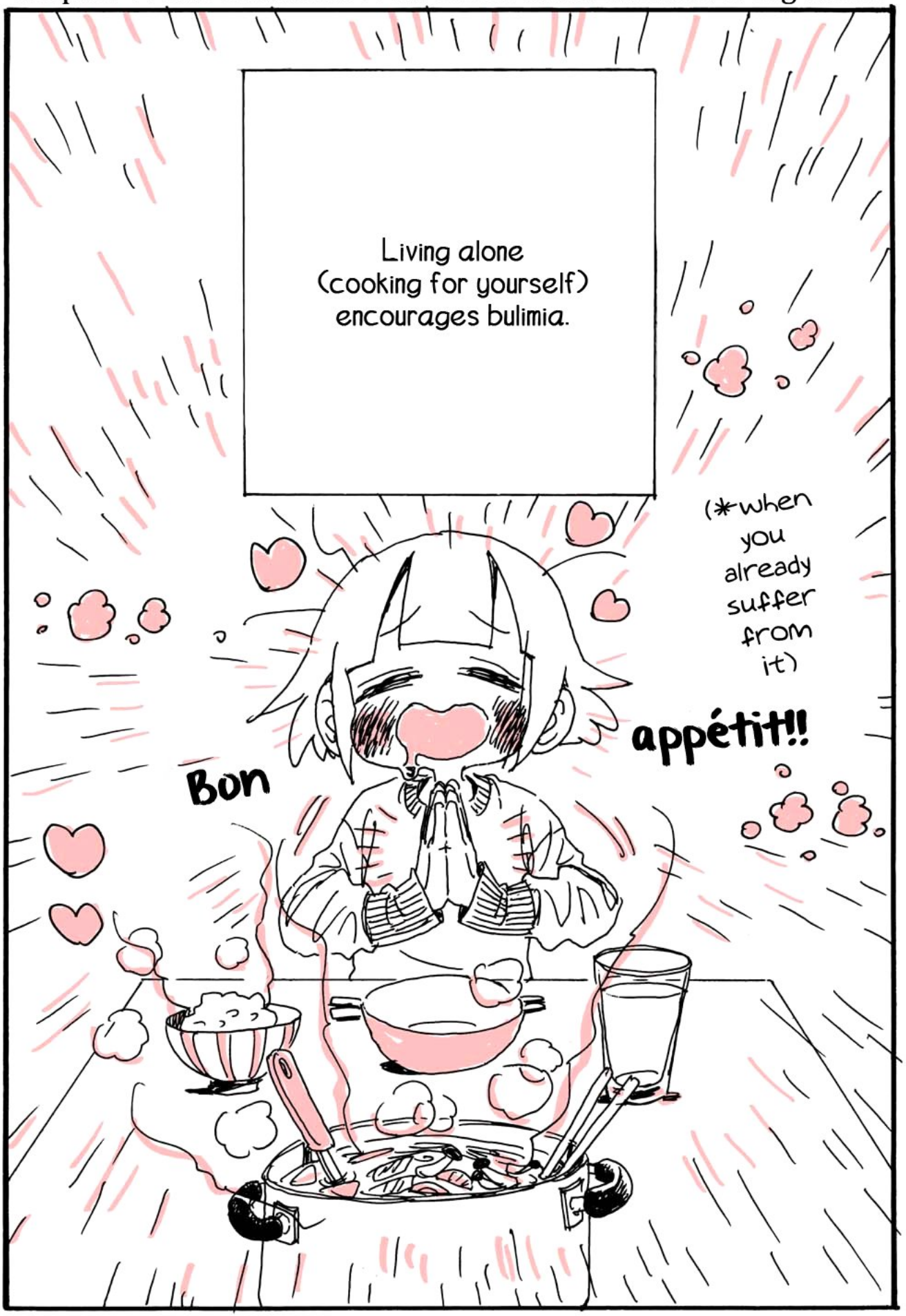
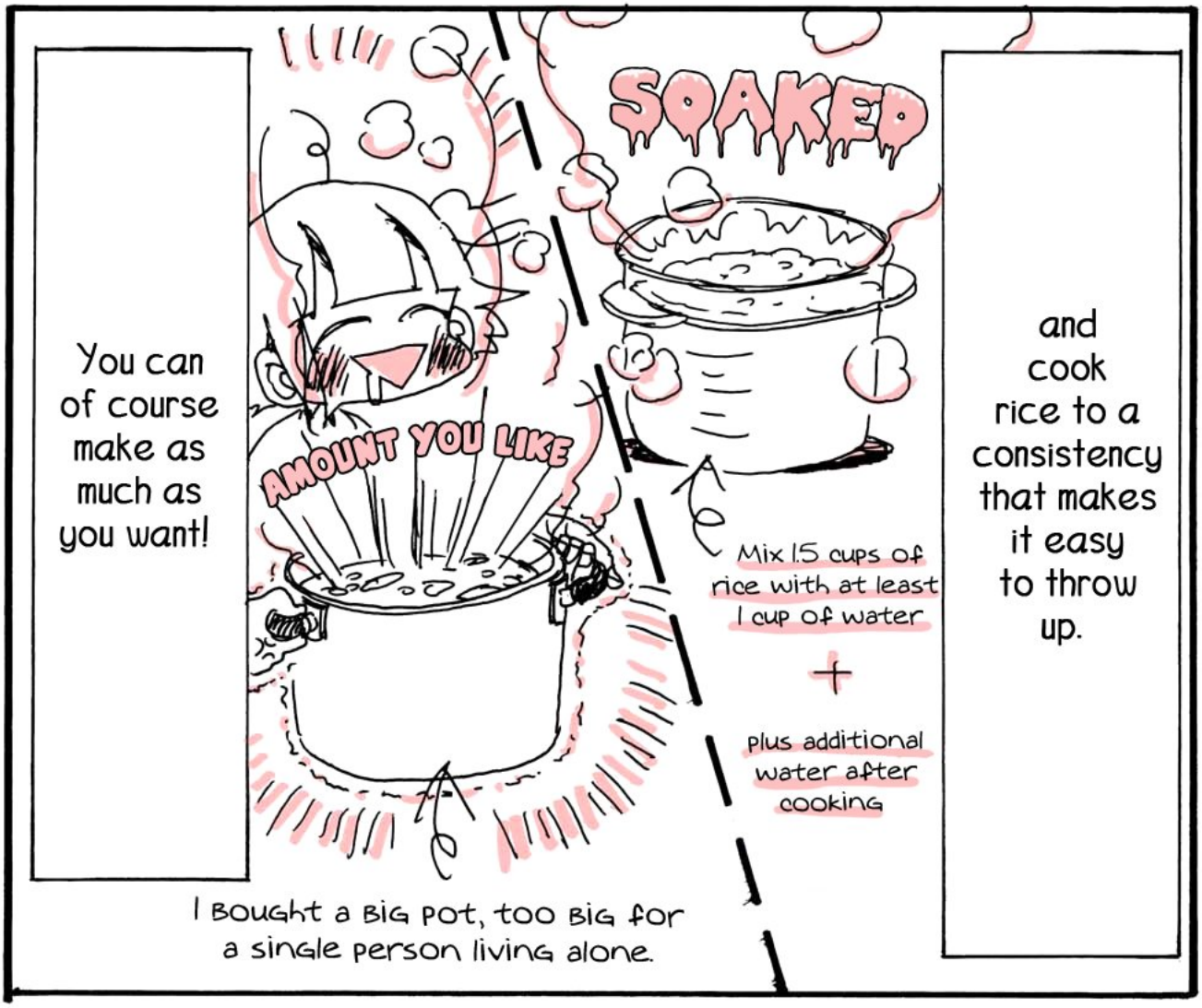
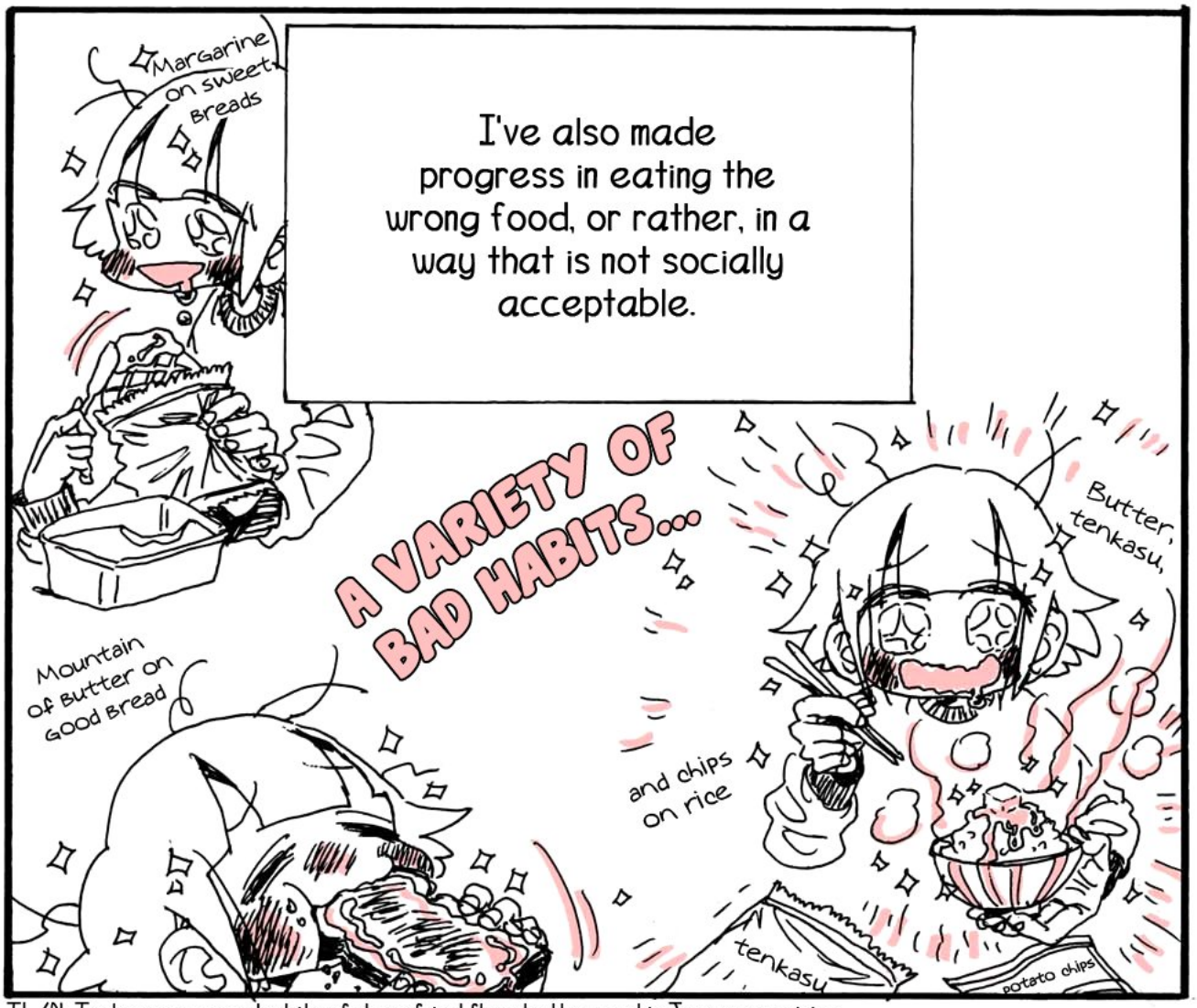
Chapter 9: The Situation of a Person with Bulimia Living Alone

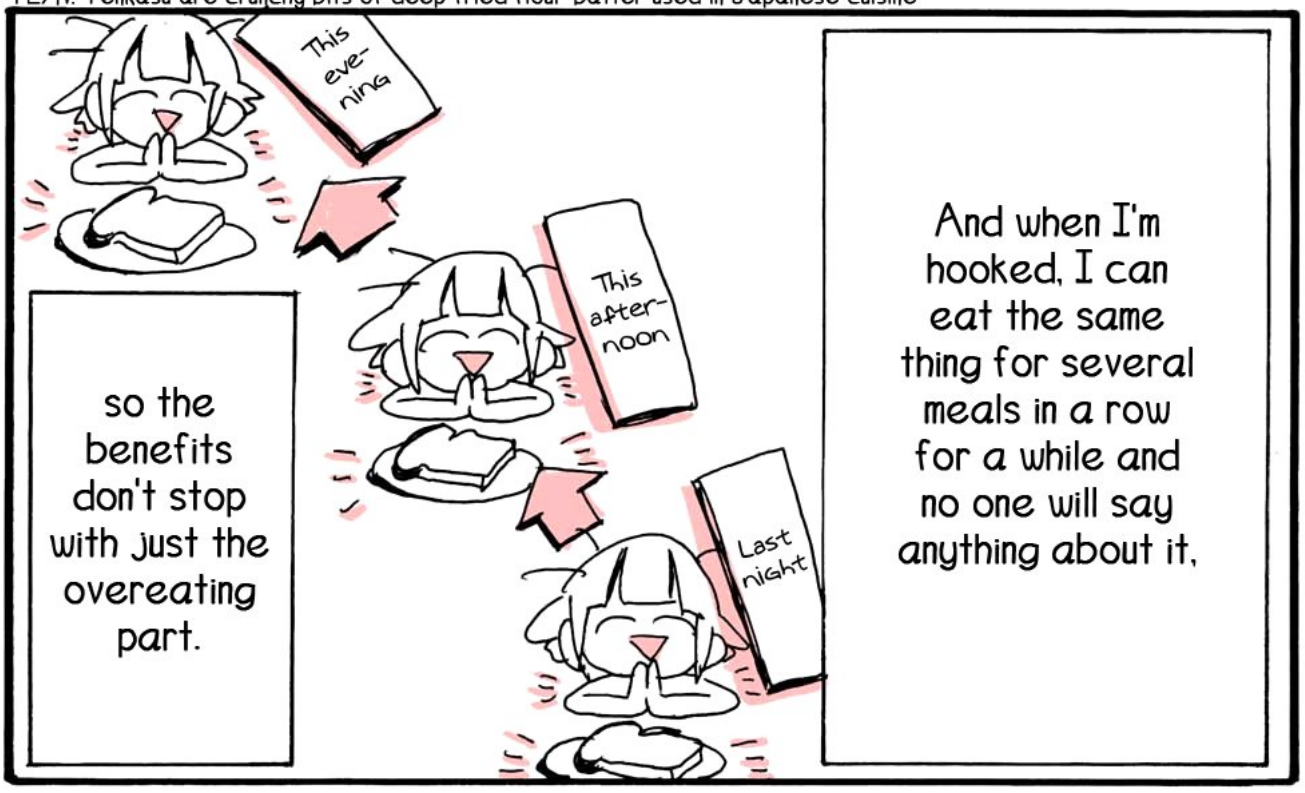


Great deal!!
Chicken breast
¥285
When you cook for yourself, you can use only foods that make you throw up easily...


You can of course make as much as you want!
SOAKED
AMOUNT YOU LIKE
Mix 1.5 cups of rice with at least 1 cup of water
+
plus additional water after cooking
and cook rice to a consistency that makes it easy to throw up.
I BOUGHT A BIG POT, TOO BIG FOR A SINGLE PERSON LIVING ALONE.


Margarine on sweet breads
I've also made progress in eating the wrong food, or rather, in a way that is not socially acceptable.
A VARIETY OF BAD HABITS...
Butter, tenkasu,
and chips on rice
Mountain of butter on good bread
tenkasu
potato chips

TL/N: Tenkasu are crunchy bits of deep fried flour-batter used in Japanese cuisine


This eve-ning
This after-noon
Last night
so the benefits don't stop with just the overeating part.
And when I'm hooked, I can eat the same thing for several meals in a row for a while and no one will say anything about it.

No need to worry about the same kind of embarrassing situation as at my parents' house.

Leaving the door open is OK!!

BLEGHHH

One of them is that you can occupy the toilet as much as you want

Vomiting part

SO HOT!!

This is an audio-only segment

Overeating part

So hooot!

Also, during hot weather, it gets super hot whether you're overeating or vomiting (I guess that's a thing)

Fan in front of the door

+

Door wide open

+

Hoo~ ray

Underwear

You are free to do whatever you want, however you want.

I'd like to share with you a few of my favorite recipes that I make with an emphasis on easy to vomit and cost-effective.

Nagata Kabi's Bulimia Cooking

Well then,

To be honest, I don't recommend that you try these recipes, because to me they are just too tasty, too vomit-friendly, and cost effective...

it can be stored at room temperature and never goes bad, so I make it for every meal during the winter.

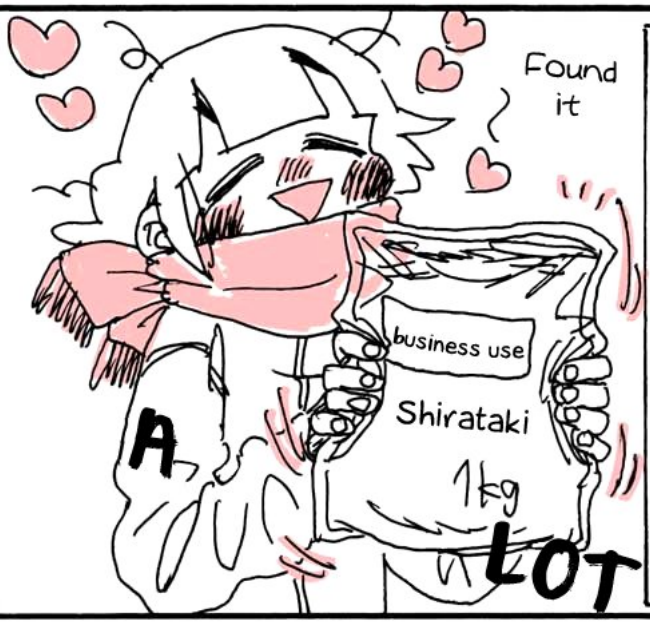
A WINTER TRADITION

it's made in a BIG (7L) pot.

The first one I make most often is "endless hotpot" which I keep adding stuff to throughout the winter.

"my personal No. 1 ingredient I want to have in a hotpot", at a wholesale supermarket.

The price might be different now...



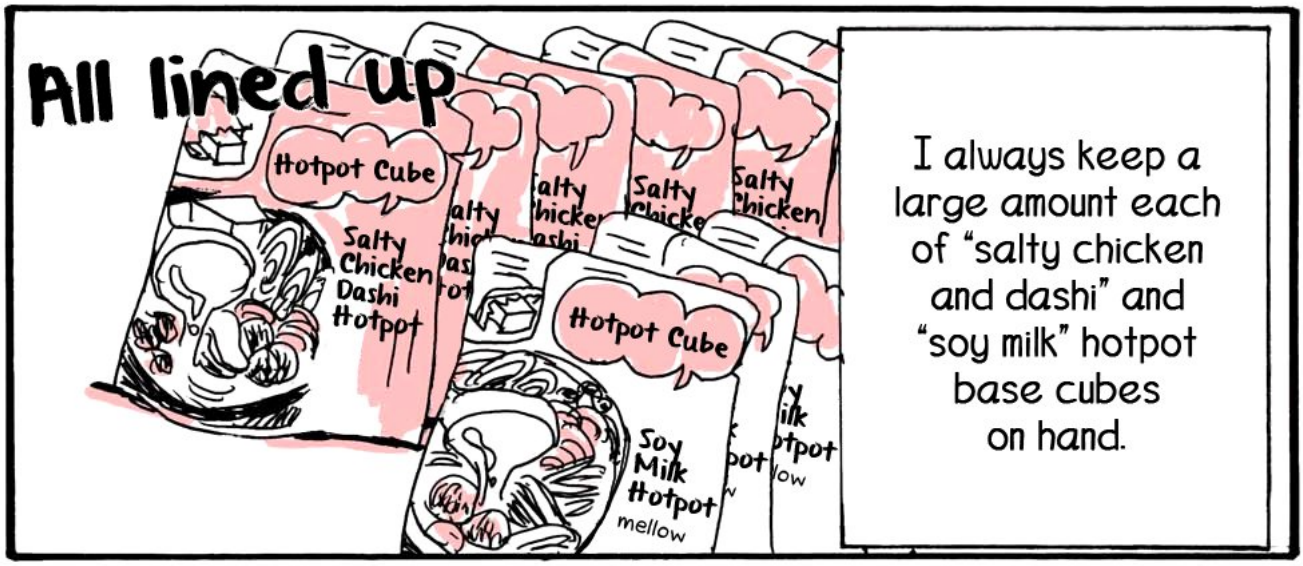
First of all, I buy 1 kg (about 170 yen) of shirataki,

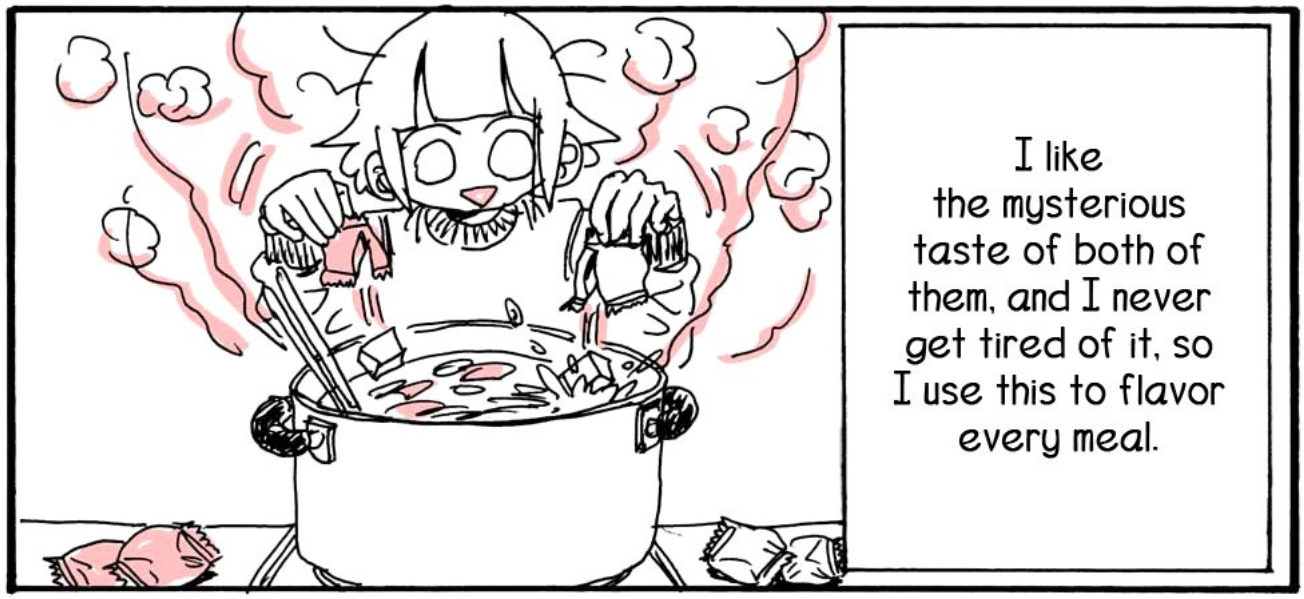
but I prefer cabbage to Chinese cabbage, which is a typical hotpot ingredient, because cabbage is easier to throw up.

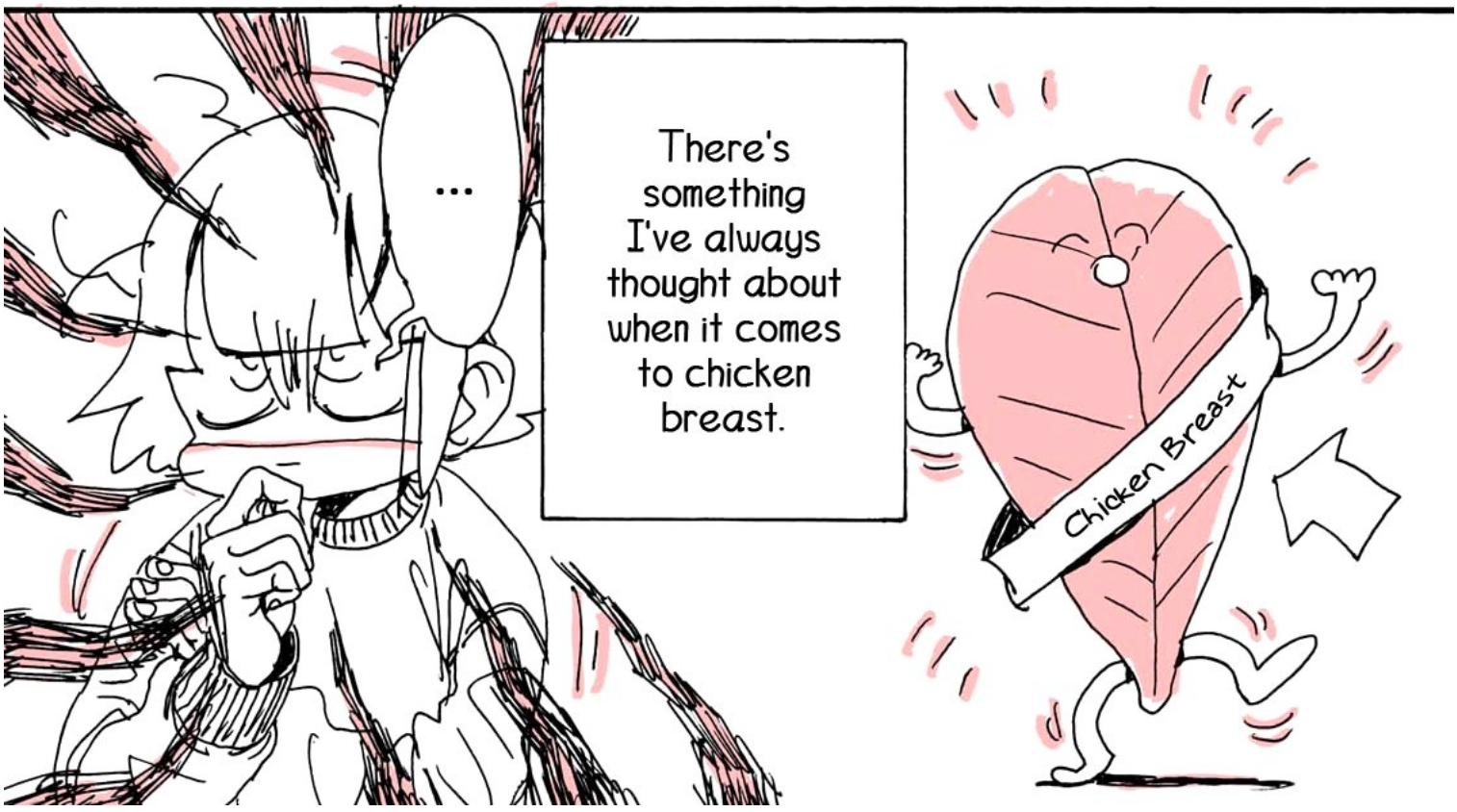
I use the cheapest vegetables of the day,

Now, for the seasoning, it's the same every time.

As for meat, I always put chicken meat (because it's cheap...) in every time without getting tired of it.


All lined up
Hotpot Cube
Salty Chicken Dashi Hotppt
Salty Chicken
Hotpot Cube
Soy Milk Hotpot
mellow
I always keep a large amount each of "salty chicken and dashi" and "soy milk" hotpot base cubes on hand.


I like the mysterious taste of both of them, and I never get tired of it, so I use this to flavor every meal.


...
There's something I've always thought about when it comes to chicken breast.
Chicken Breast

but when it comes to salad chicken, it suddenly becomes around 200 yen/100g...

Why is that?

Raw chicken is around 50 yen/100g (the bottom price where I live now is 49 yen/100g).

otherwise I buy a 2kg pack (55 yen/100g) at the wholesale supermarket.

of them at the supermarket.

Only when I have the energy, I buy in bulk at the local supermarket on the lowest price day,

Just peel the skin off and...

cut it into bite-sized pieces.

I boil it all in a big pot with sugar, ginger, soy sauce, and powdered dashi.

This kind of

Bagged salad that doesn't need to be washed.

I used to eat it with salad every meal instead of salad chicken (I've been slacking off lately).

There's also another "chicken meat that suddenly becomes too expensive when processed" that cannot be overlooked...

Processed

Imagery

Before

in my opinion this one also becomes too expensive when it is processed.

And that is 'minced chicken'.

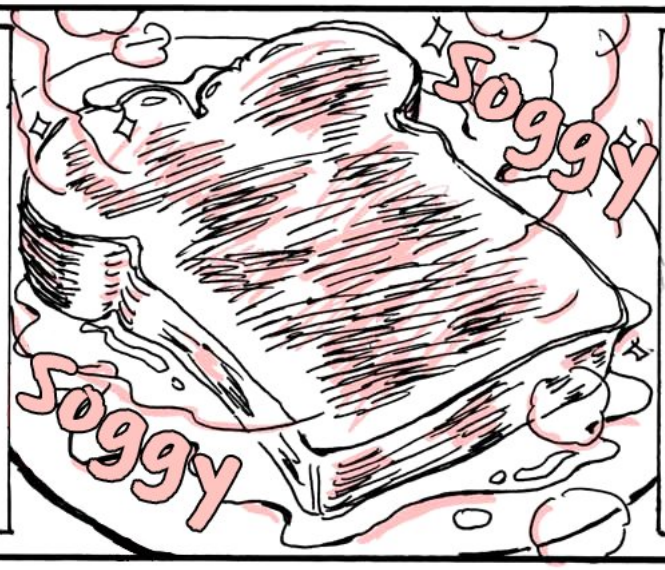
Due to the process of constantly mixing it during the heating process, it's not possible to make this in large quantities, but it's definitely worth the money if you make it yourself!

So, when I have the energy, I make it myself.

And the other thing I often make is...

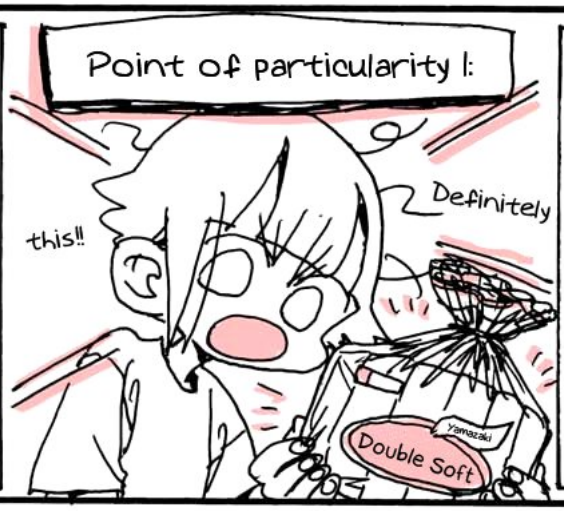
It is the perfect accompaniment to rice cooked to a viscosity that is easy to puke out.

There are various things I am particular about when making it.



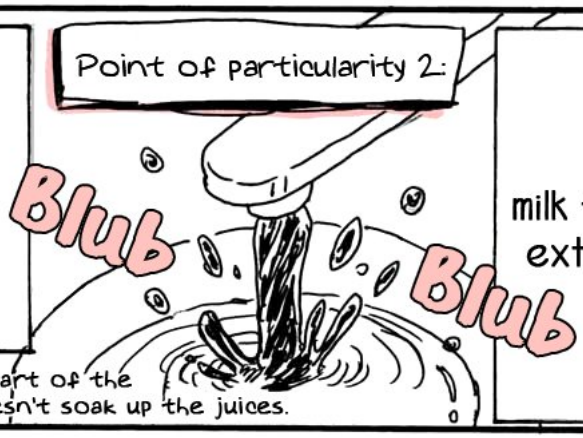
"juice-soaked, semi-melted French toast."

which is very soft and squishy (although the softness make it extremely difficult to handle).



First of all, the bread used is Yamazaki Double Soft,

so I also add water.



And if it's just milk + sugar + salt + vanilla extract, it's too viscous to soak in easily,

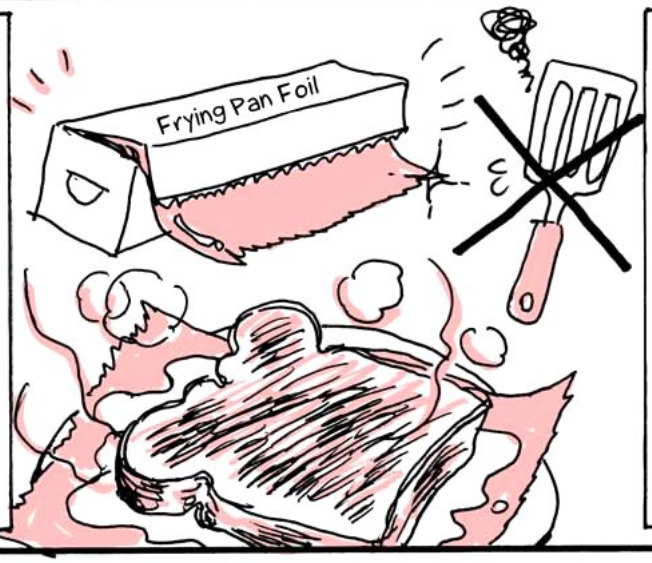
I'll never forgive any part of the French toast that doesn't soak up the juices.

I use brown sugar because I think it tastes better.

the juices will soak in and the middle part of the toast will melt in your mouth.

It is very difficult to flip it over, but if you can get past that,

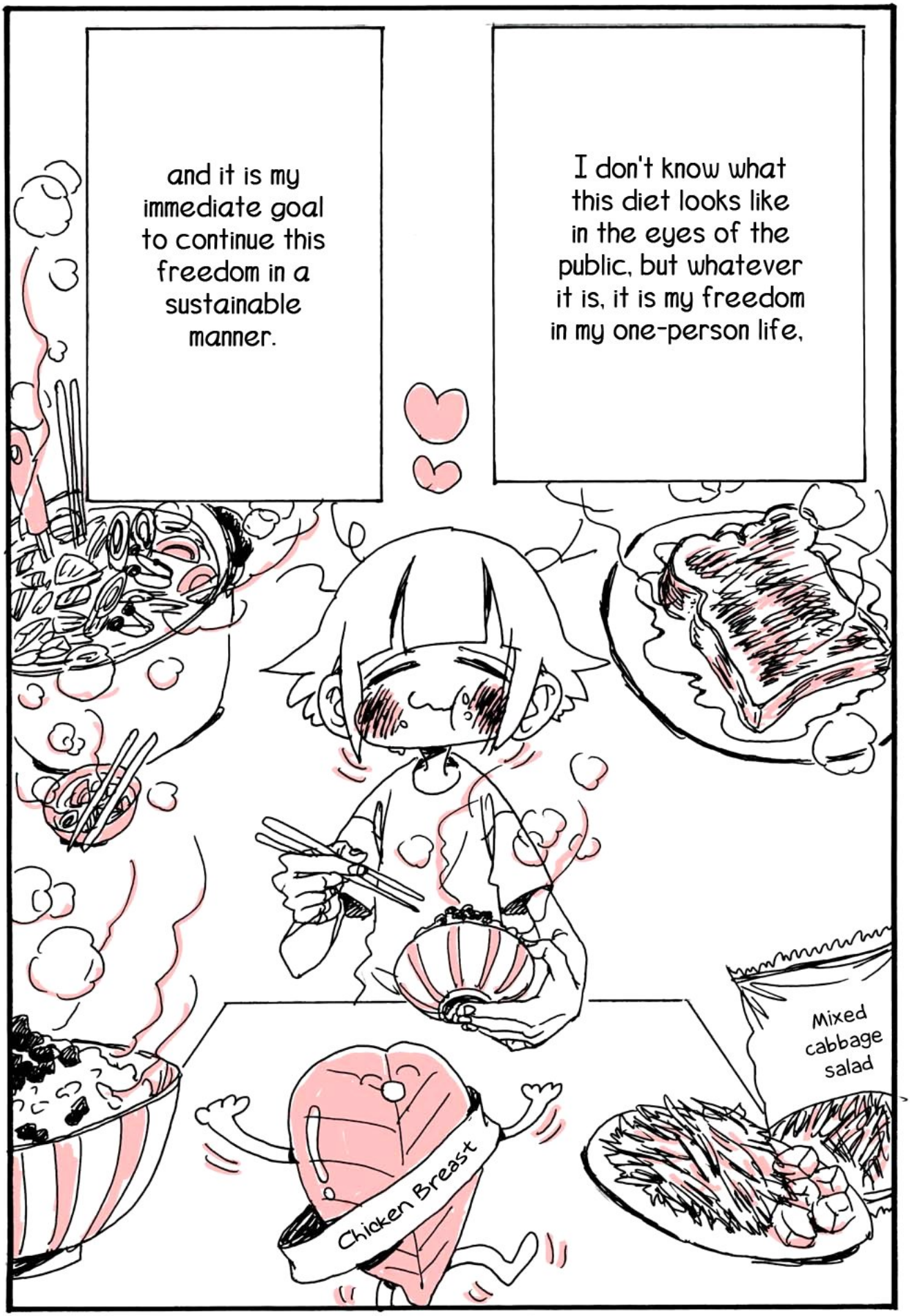
so you have to use frying pan foil, and transfer the foil to a plate.



By the way, it's so soggy that you can no longer transfer it to a plate with a spatula,

and when I'm addicted to something, I eat it all the time, so naturally my repertoire gets smaller....

Well, that's pretty much all I make, so I don't have much in my repertoire.


and it is my immediate goal to continue this freedom in a sustainable manner.
I don't know what this diet looks like in the eyes of the public, but whatever it is, it is my freedom in my one-person life,
Chicken Breast
Mixed cabbage salad

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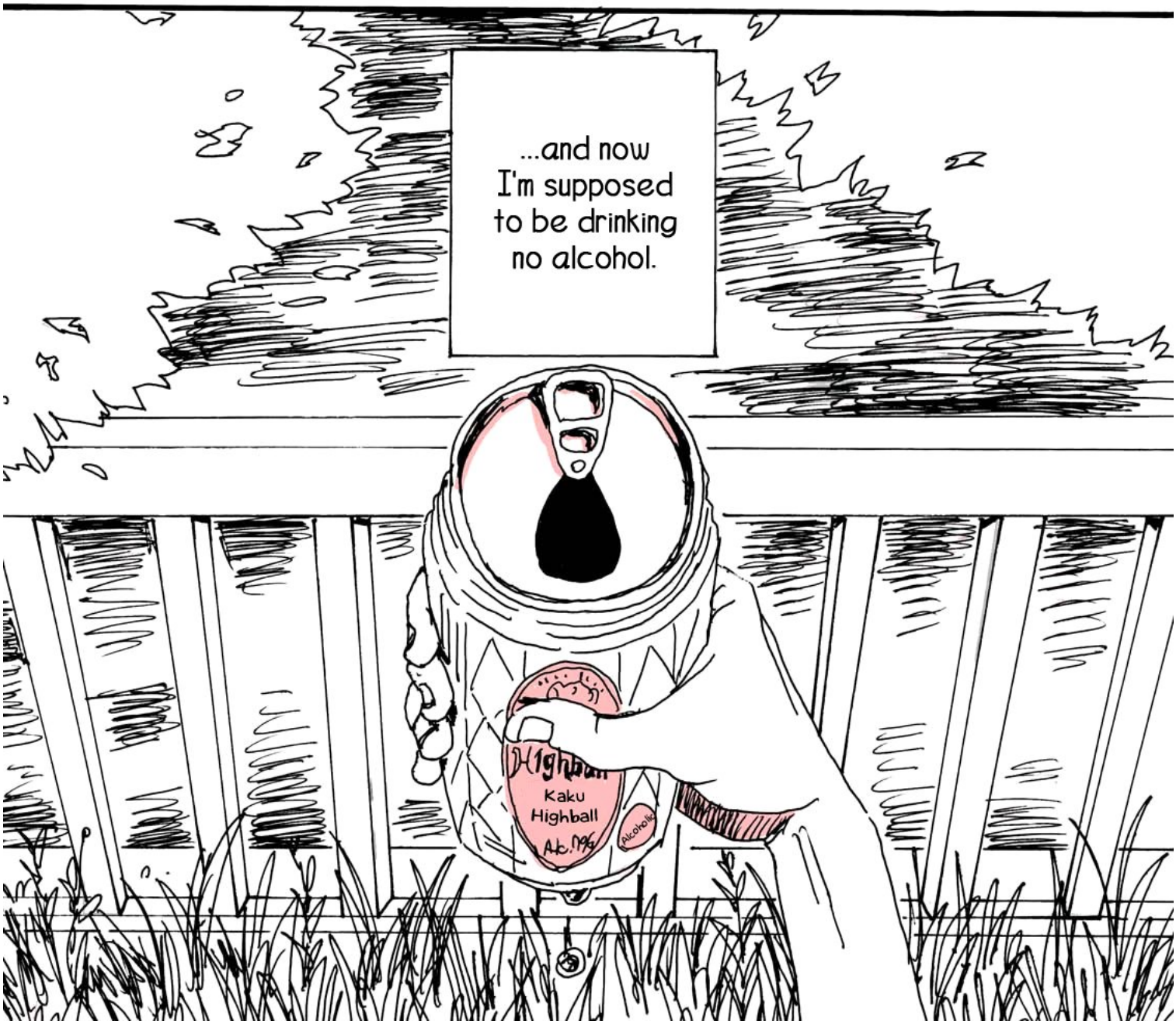
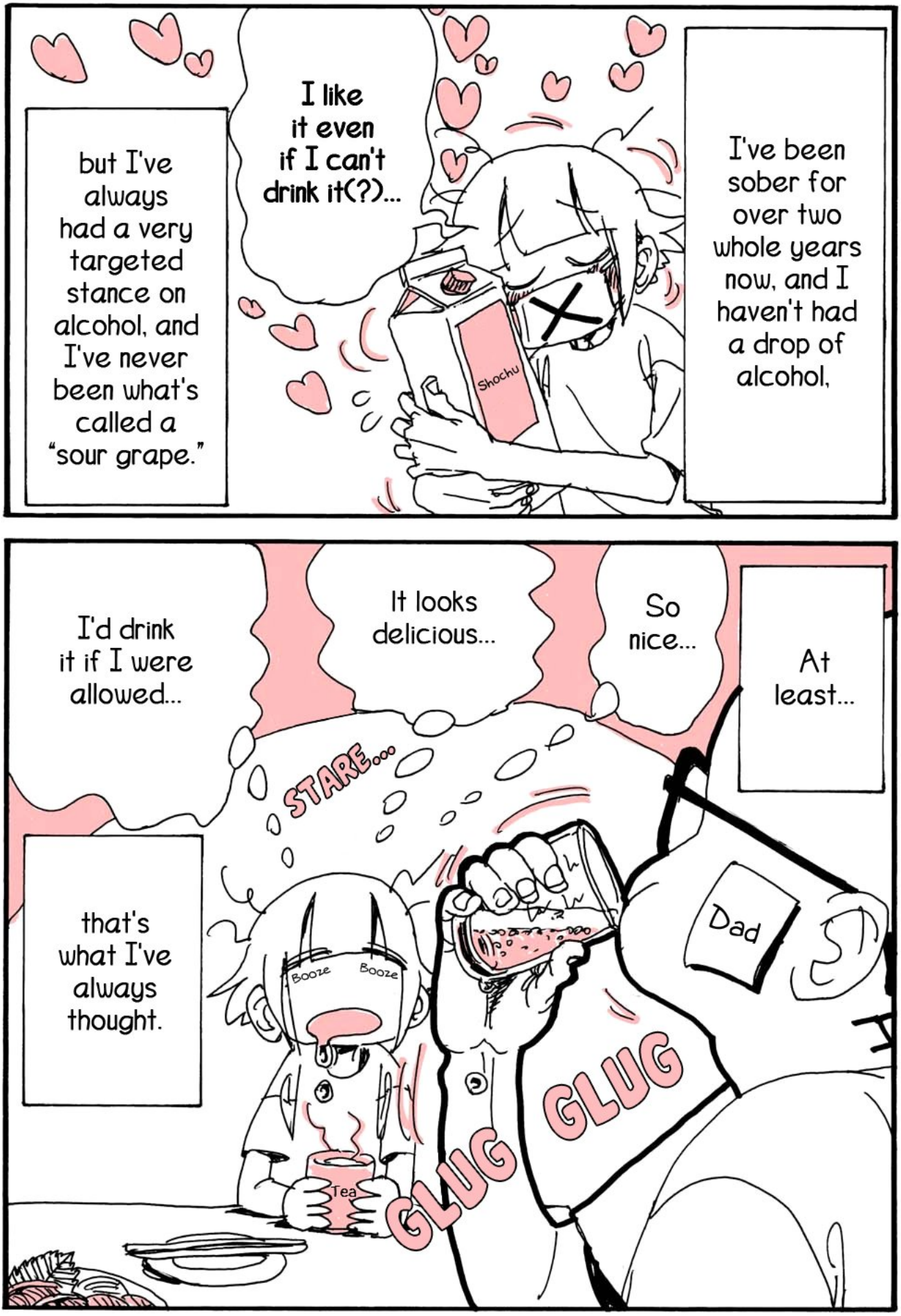
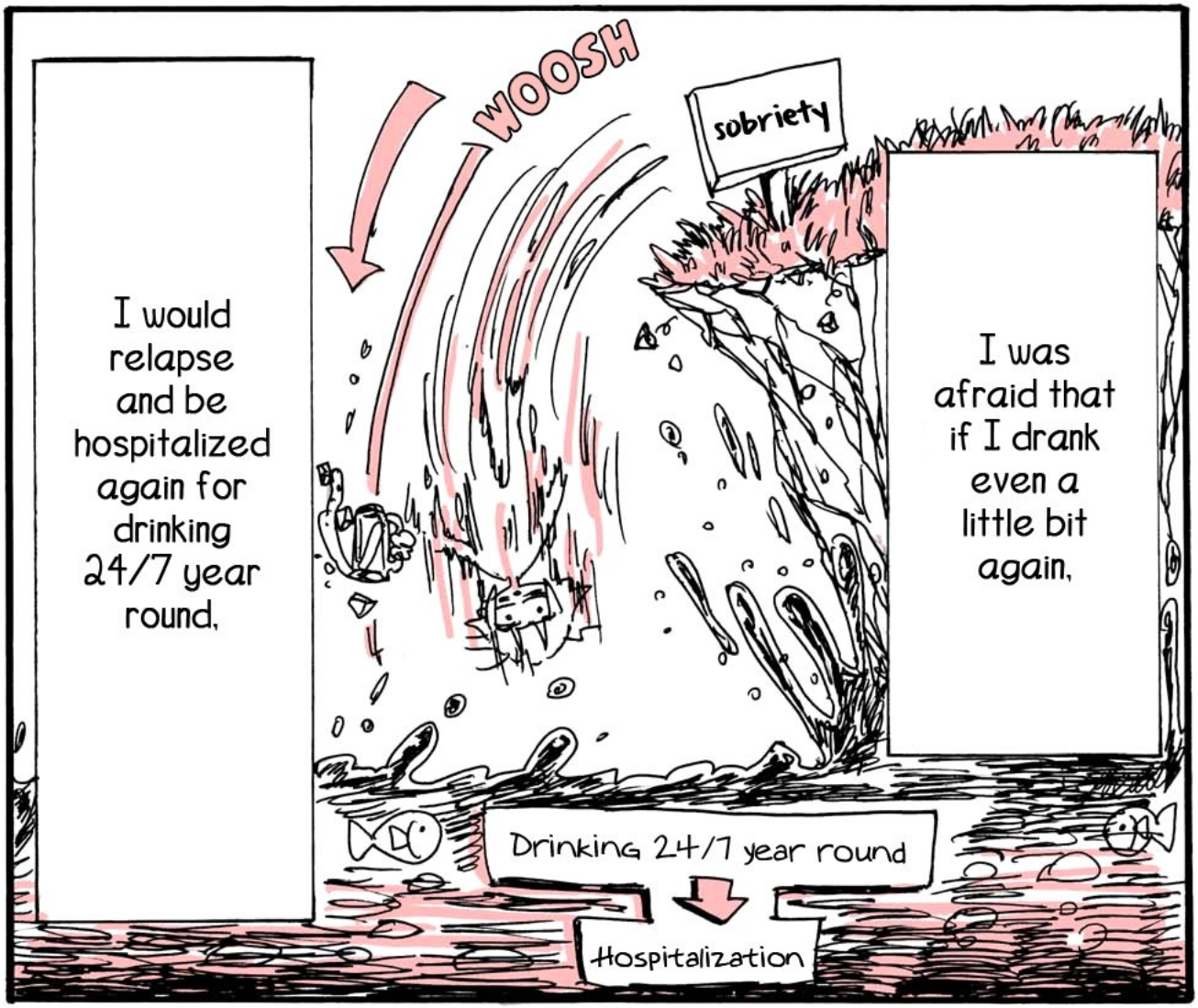
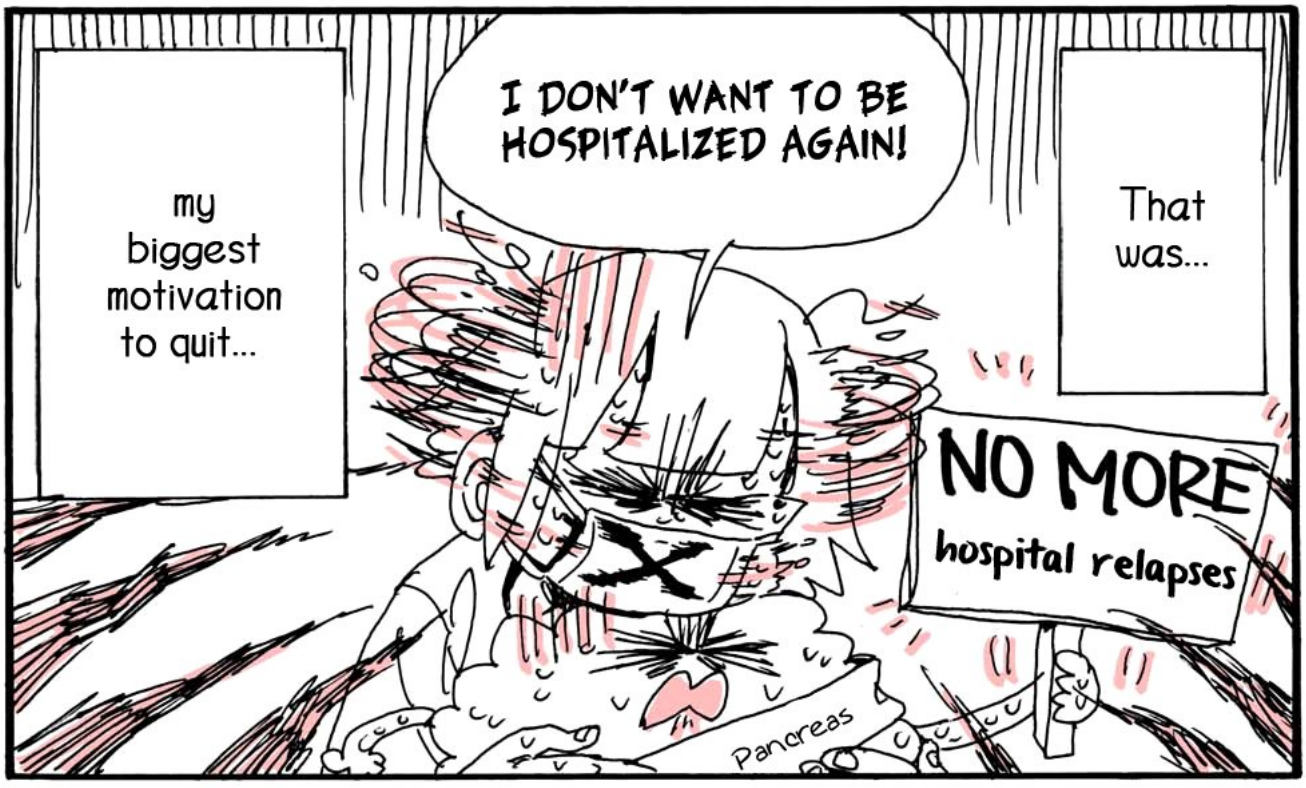
Chapter 10: Breaking Two Years of Sobriety...!

and then I was hospitalized for the second time for alcoholic acute pancreatitis.
NOMORE Alcohol!
Pancreas
sobriety
In the second chapter, I described the timetable when I was drinking 24 hours a day, 365 days a year.




I've been sober for over two whole years now, and I haven't had a drop of alcohol,
I like it even if I can't drink it(?)...
Shochu
but I've always had a very targeted stance on alcohol, and I've never been what's called a "sour grape."
At least...
So nice...
It looks delicious...
I'd drink it if I were allowed...
STARE...
Dad
GLUG GLUG
Booze
Booze
Tea
that's what I've always thought.

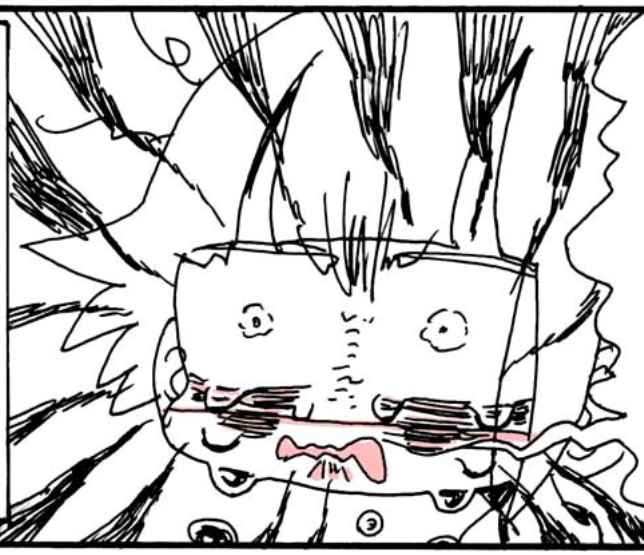

I would relapse and be hospitalized again for drinking 24/7 year round,
WOOSH
sobriety
I was afraid that if I drank even a little bit again,
Drinking 24/7 year round
Hospitalization


my biggest motivation to quit...
I DON'T WANT TO BE HOSPITALIZED AGAIN!
That was...
NO MORE
hospital relapses
Pancreas

there are a lot of convenience stores around.

The day I decided that, I woke up early in the morning and went outside anyway.

Is something I had been thinking, and I had been trying to soothe it somehow.



...what's life without a drink?

But suddenly the feeling became so strong that I couldn't calm it down at all.

Without hesitation, I entered the convenience store,
TH
UD
Welcome!

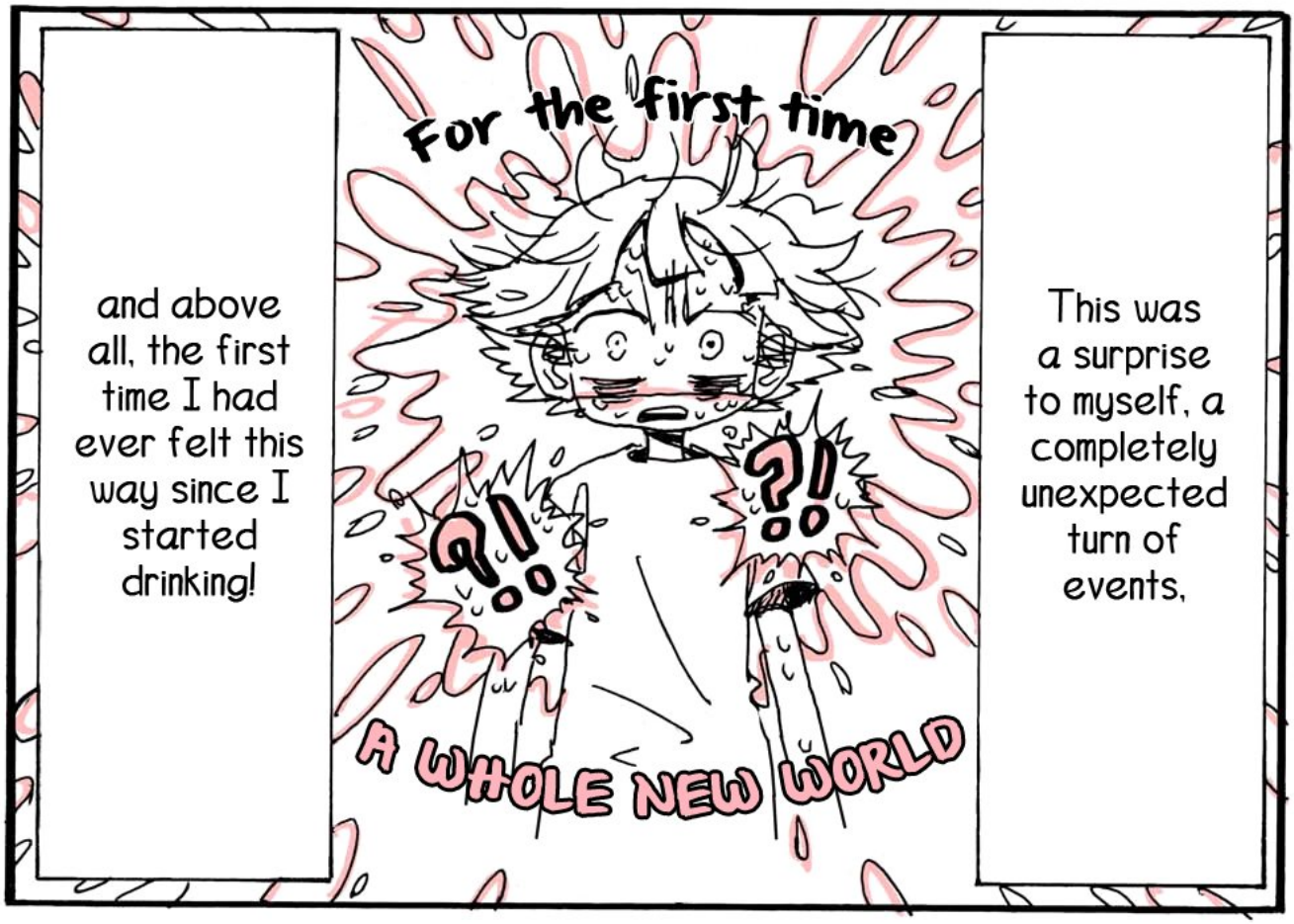
FINE QUALITY
Suntory
Highball
Kaku Highball
A.C. 7%
Alcoholic
grabbed a can of highball (I went for the 7% one) (I didn't want a long can) in one fluid motion,

To the river
TH
UD
checked out, and headed for the nearby river.

To the river
Pssh
hh

But then something unexpected happened.

I don't want to drink more...
...Huh, what...
FIZZ
FIZZ
To my surprise, I had not even drank 1/2 of the regular can
before I didn't want to drink any more at all!


For the first time
?!
?!
A WHOLE NEW WORLD
and above all, the first time I had ever felt this way since I started drinking!
This was a surprise to myself, a completely unexpected turn of events,

I thought for sure that I would drink the whole can, then go to the convenience store again to buy another 9% long can,

then go drink that one, then go to a bar that's open 24 hours a day,

and drink 24 hours a day, 365 days a year again, and end up in hospital.

I had never reached the point where I felt "I'm okay now."

The state of "I'm okay now"

such a long road...

Ever since I started sobriety, no matter how long I've been abstaining, I've always felt like I was "continuing to quit."

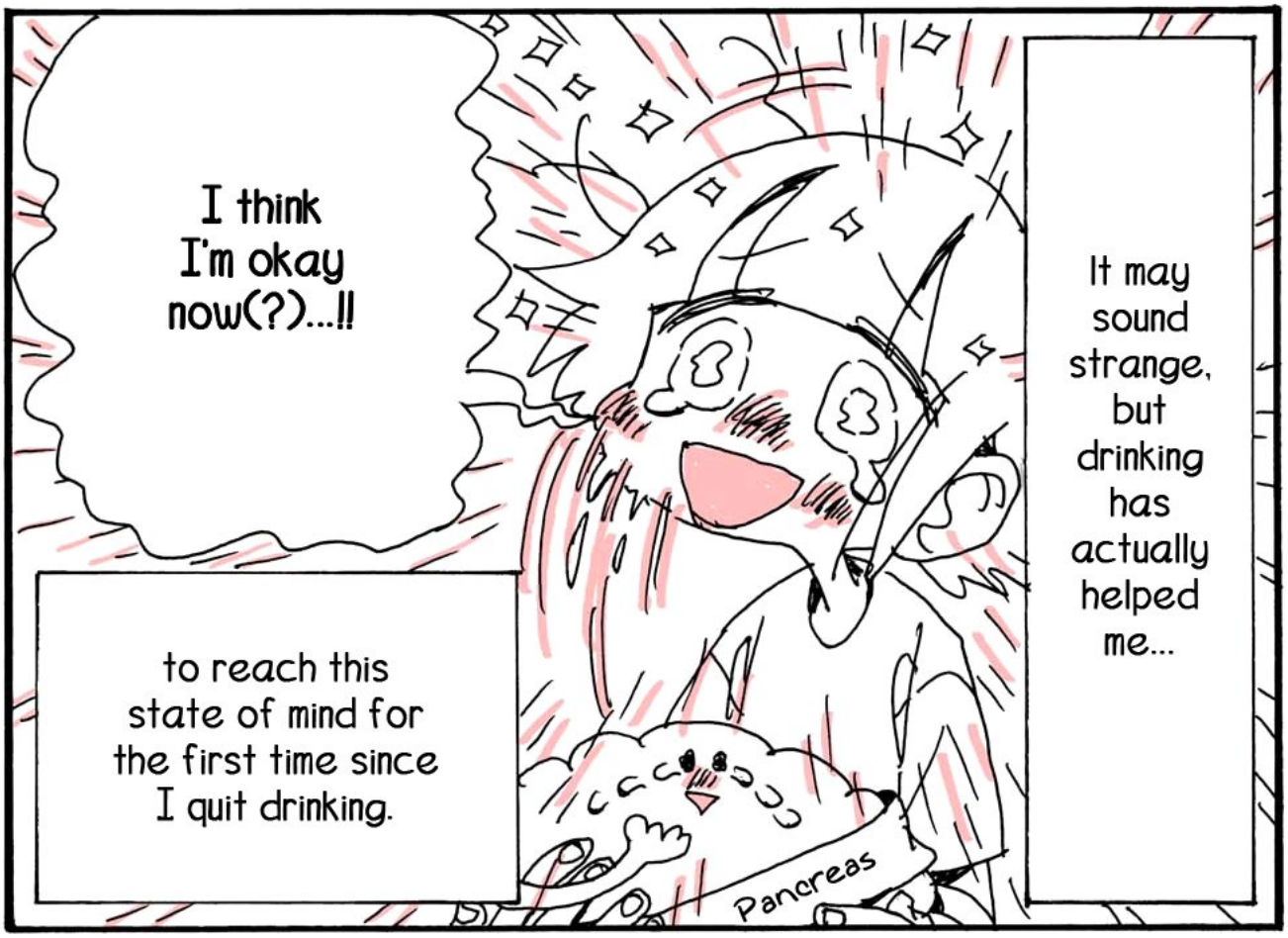
feels pretty close to "I'm okay now" to me.

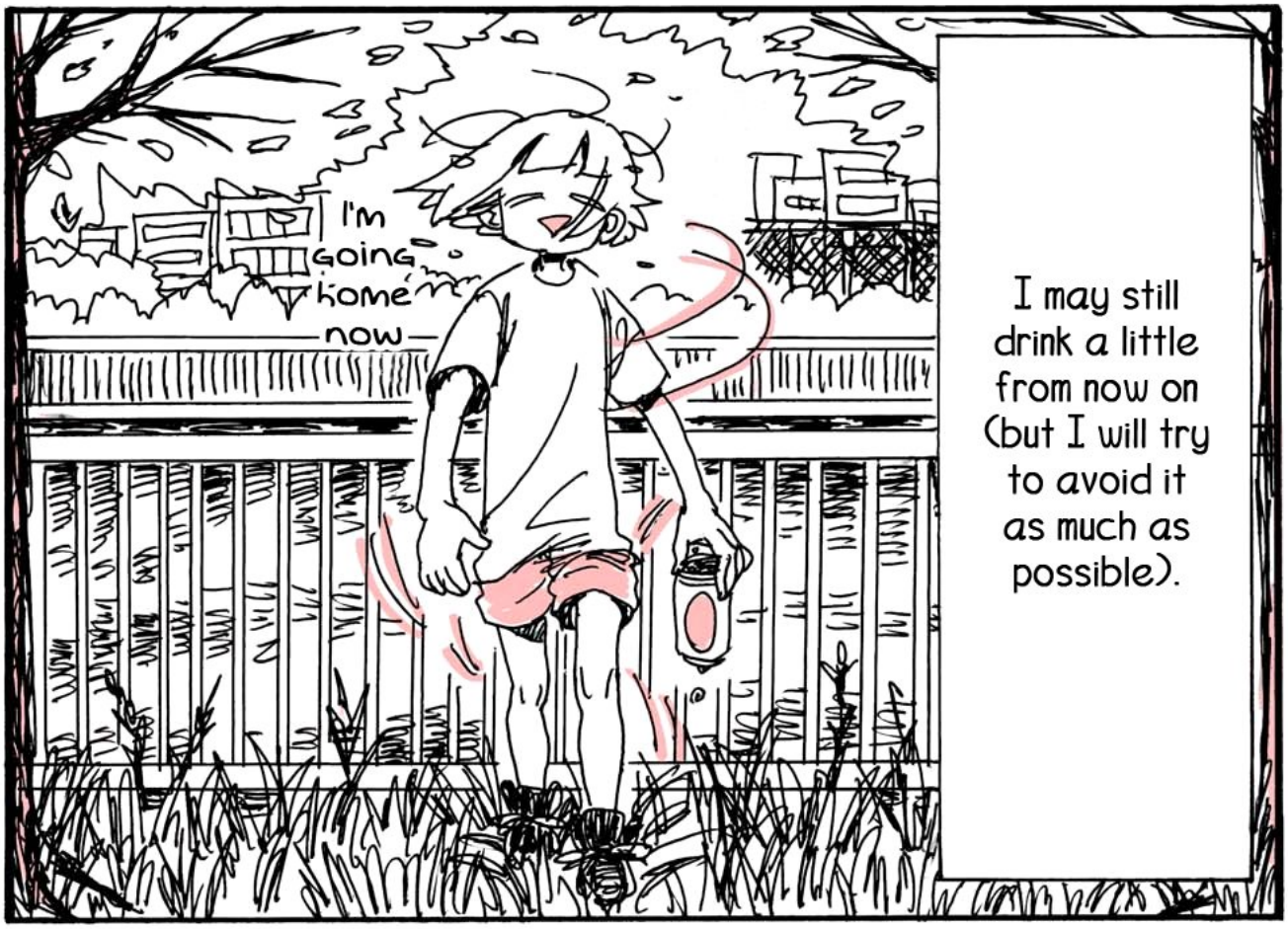
...

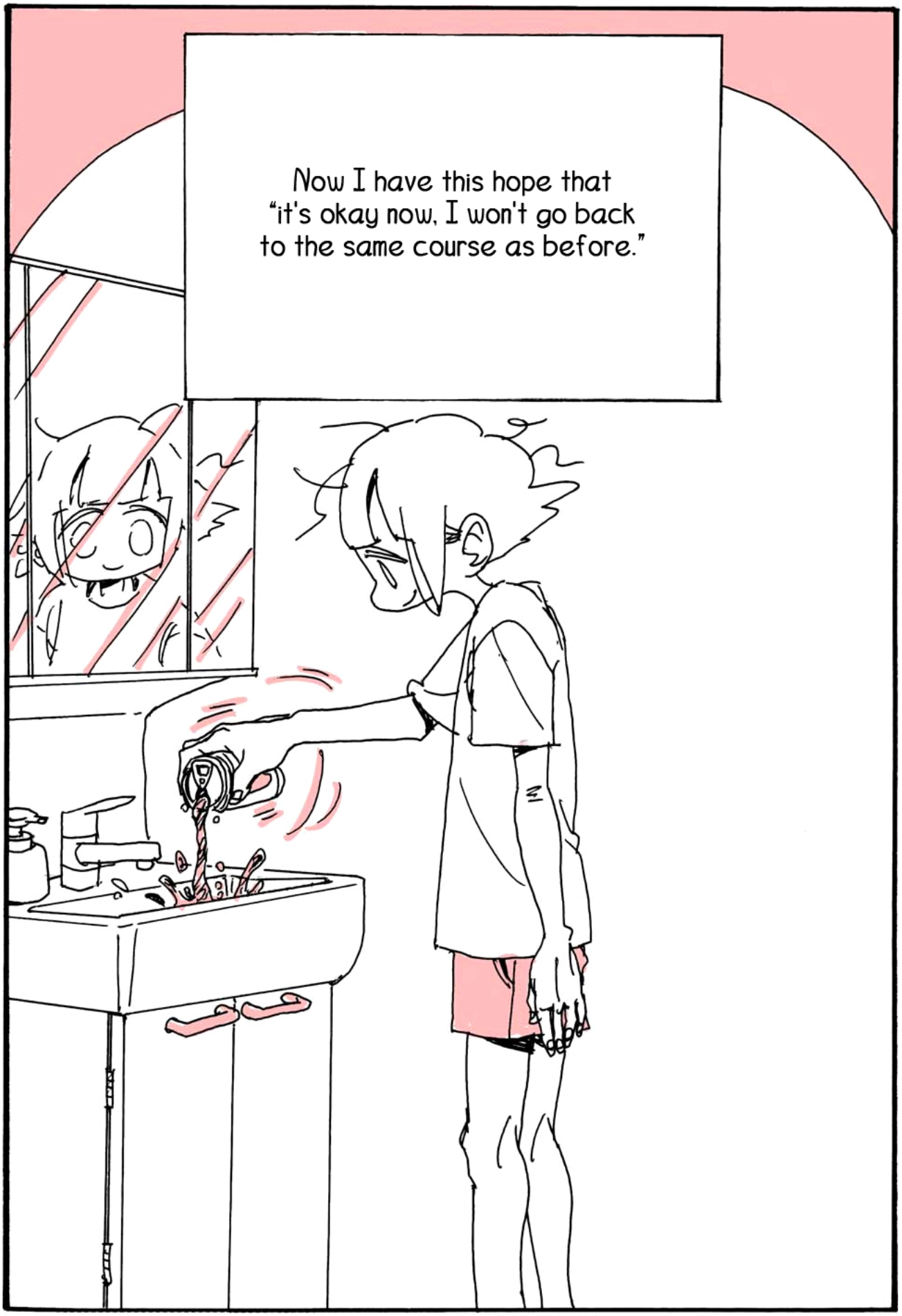
fizz

fizz

However, the experience of not needing it anymore after less than 1/2 a can (it's not okay I drank it, though)


I think I'm okay now(?)...!!
to reach this state of mind for the first time since I quit drinking.
It may sound strange, but drinking has actually helped me...
Pancreas


I'm going home now
I may still drink a little from now on (but I will try to avoid it as much as possible).



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Epilogue: I hope this makes you feel a little better

In lieu of an afterword, I'd like to share some serious stories and memories...

Thank you very much for your patience up to this point!!

In this story, I omitted painful descriptions, but most people suffer from eating disorders.

the sufferer blames themselves for the pain and suffering.

In addition to the suffering of the symptoms themselves,

It's a selfish disease.

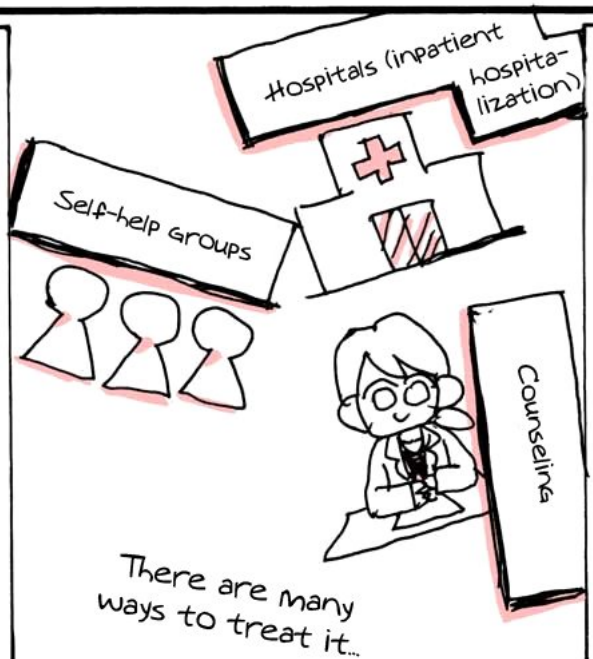
Why would you do something like that?!

It's all because you went on a diet.

It's your own fault.

It's a very difficult disease to understand.

even for those who are trying to cure it, it can take more than 10 years to get proper treatment



It really is very difficult to treat,

I was 19 years old when I was diagnosed and went through a period of trying to cure it...

I don't deserve to eat

Let's get Better...!!

I have accepted it

and now I am 37 years old and I have accepted it, but I have had a lot of suffering too.

Onset

The period I tried to recover

Now

19 years old

When I was in my 20's

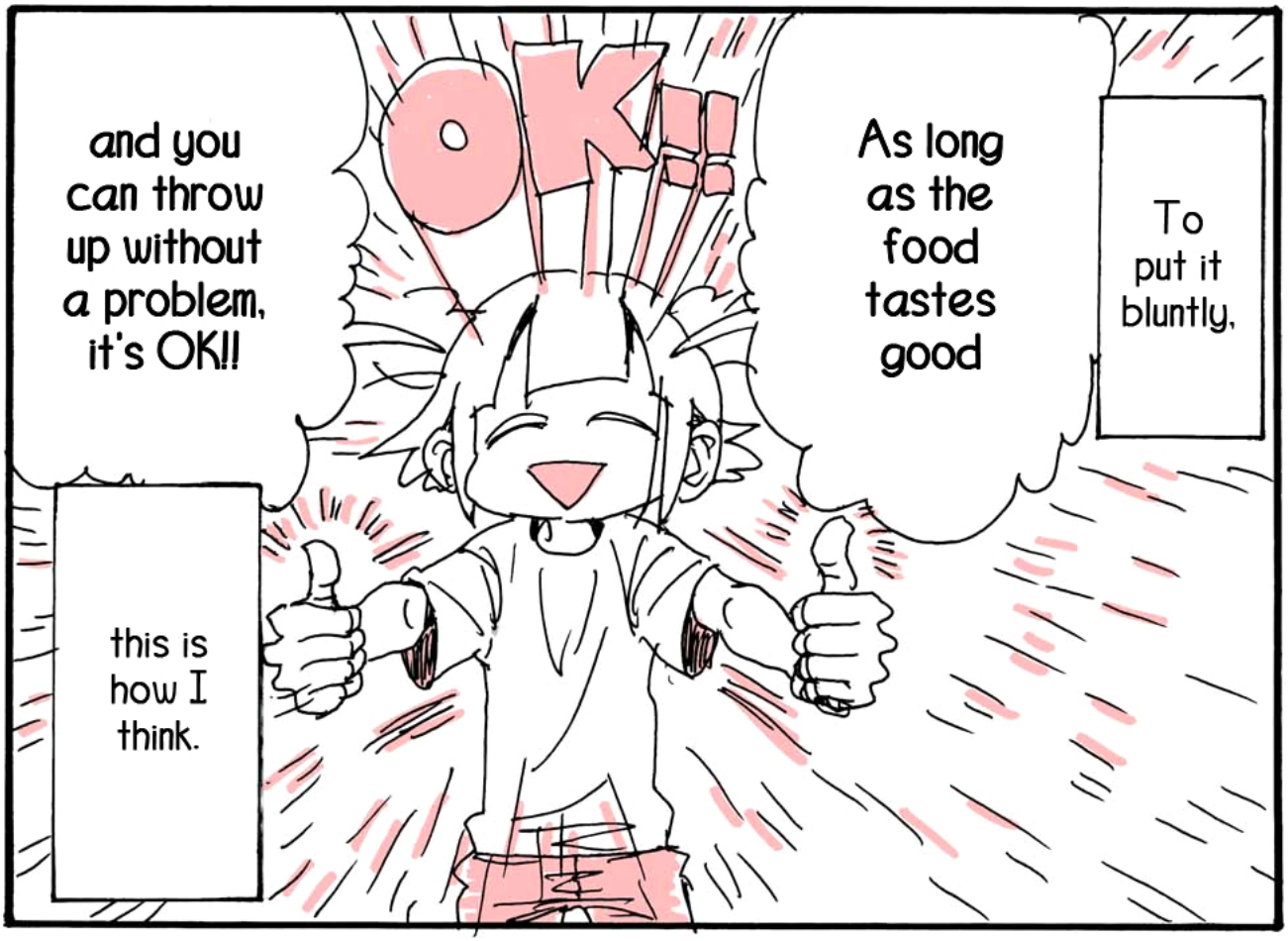
37 years old

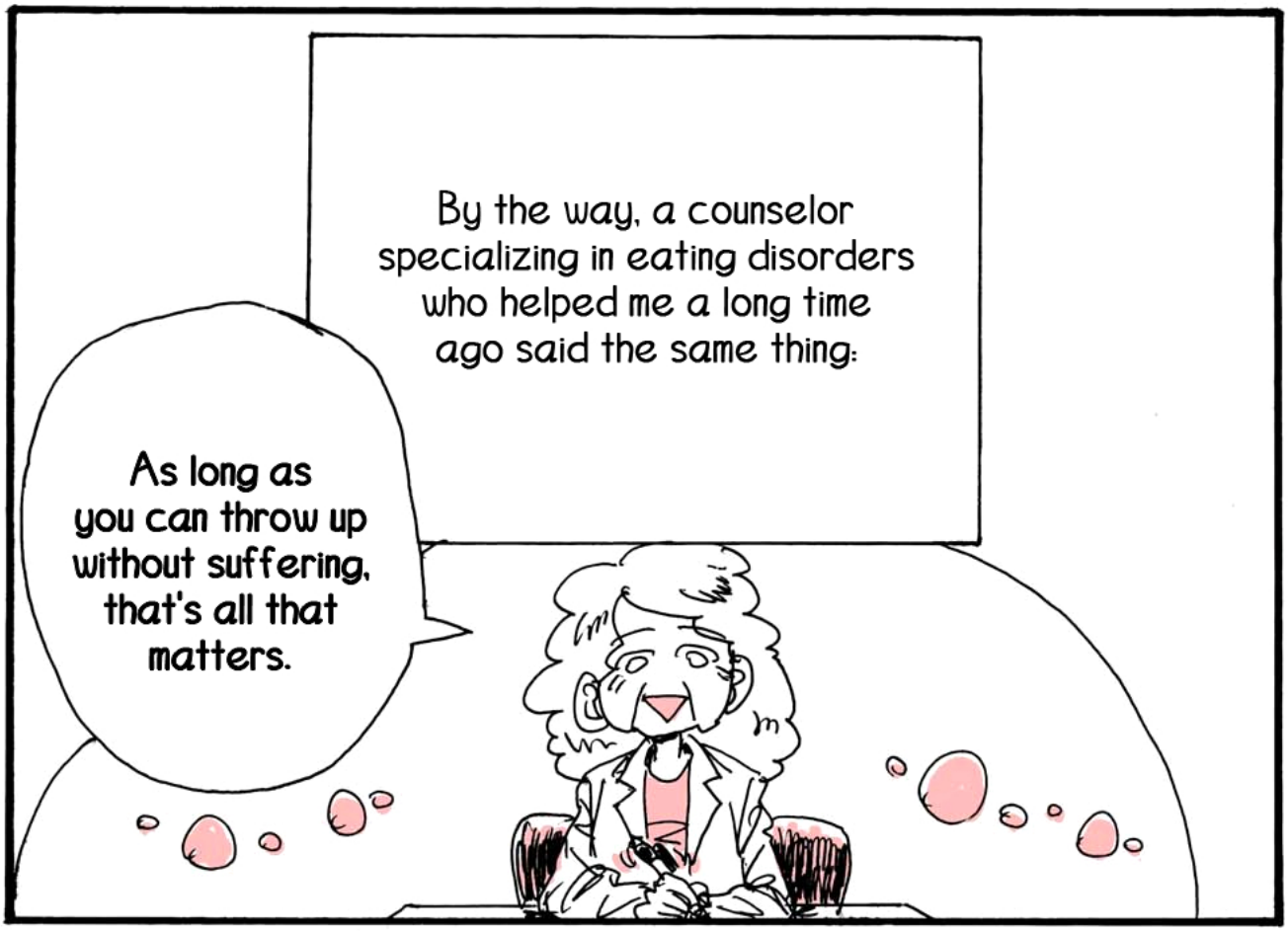
Well, I don't want to talk about the "painful things" here,

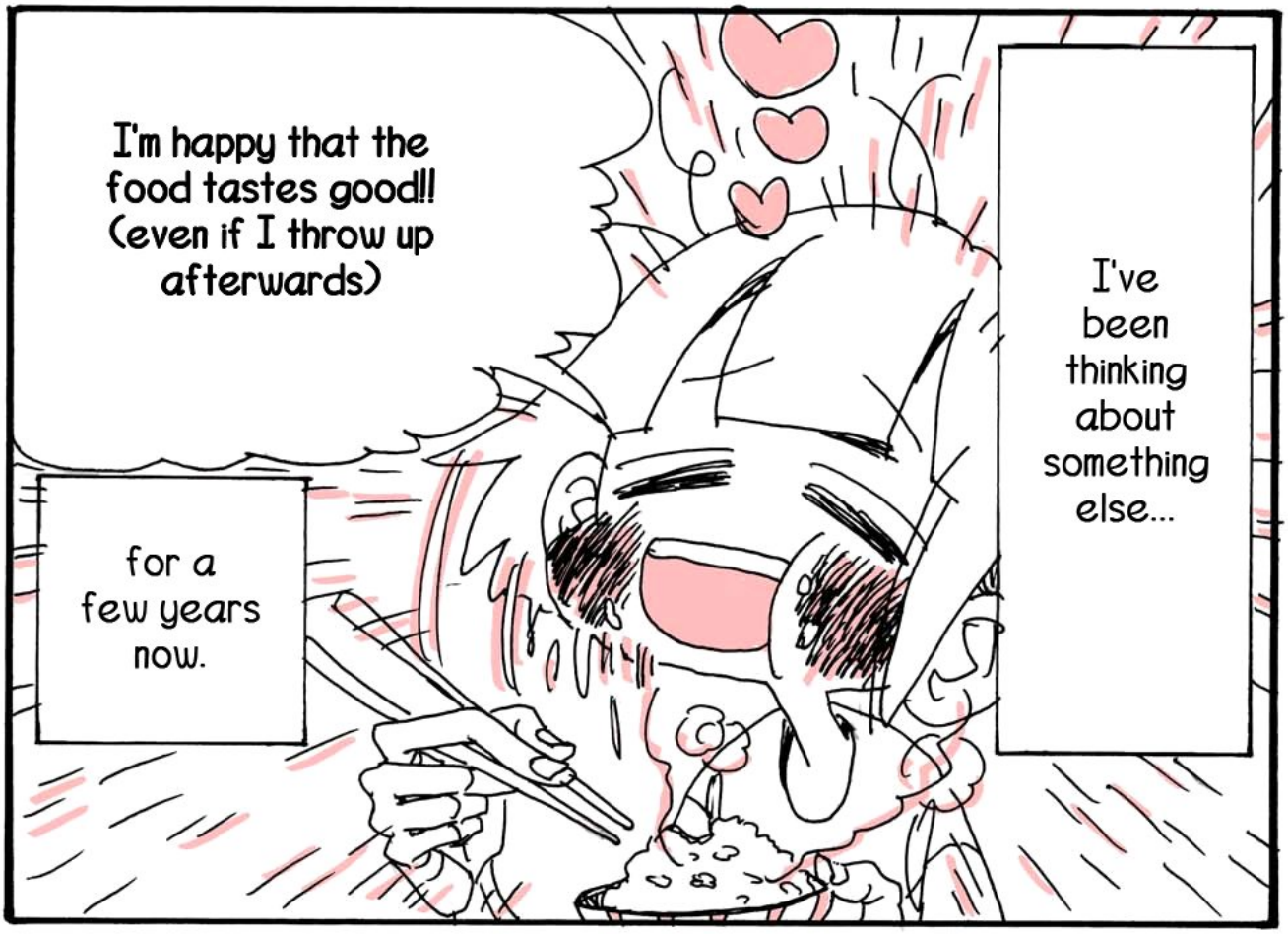
Let's put these away

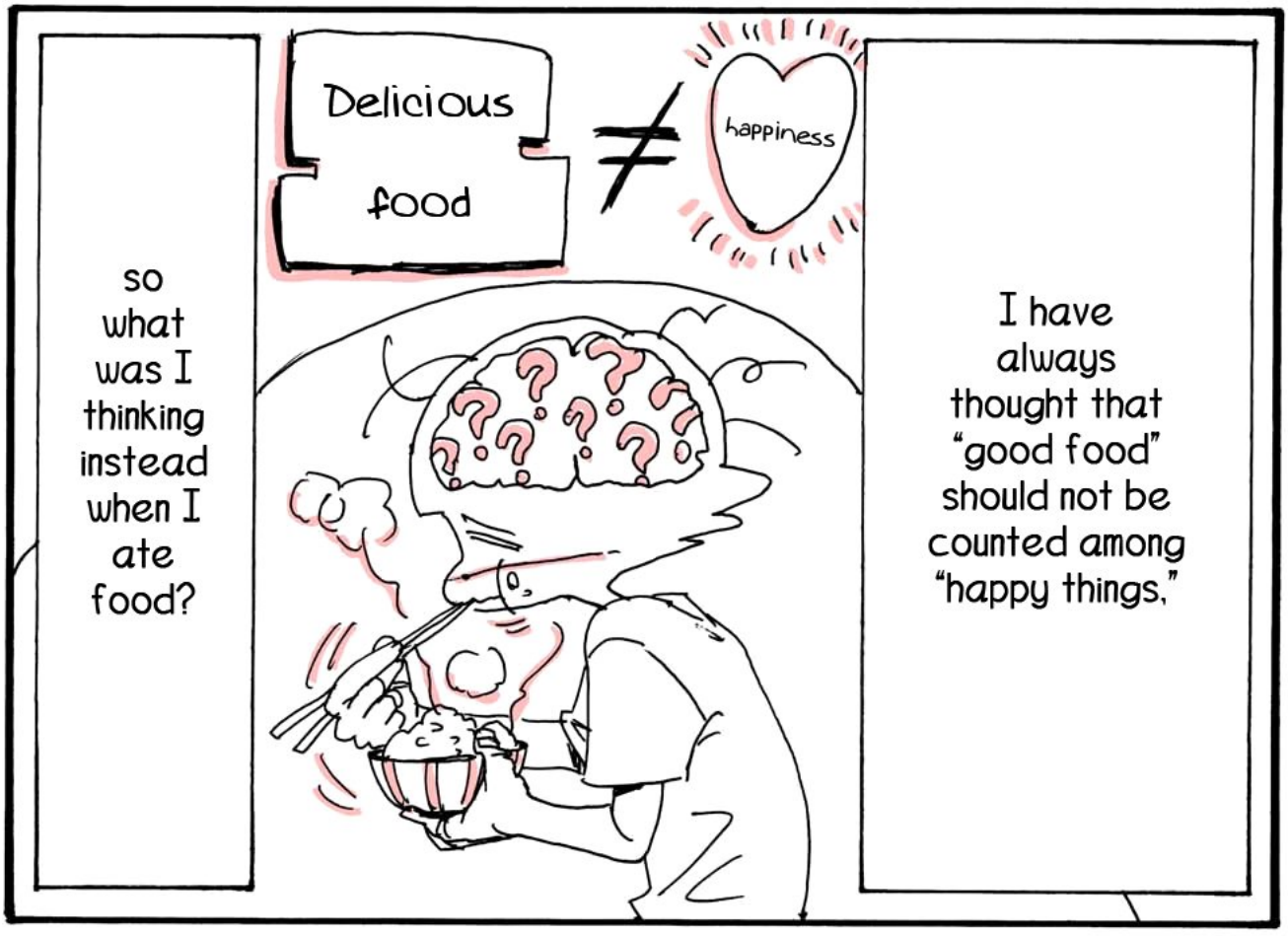
Painful things.

but let me describe "how I started to accept it and in which way I accepted it".

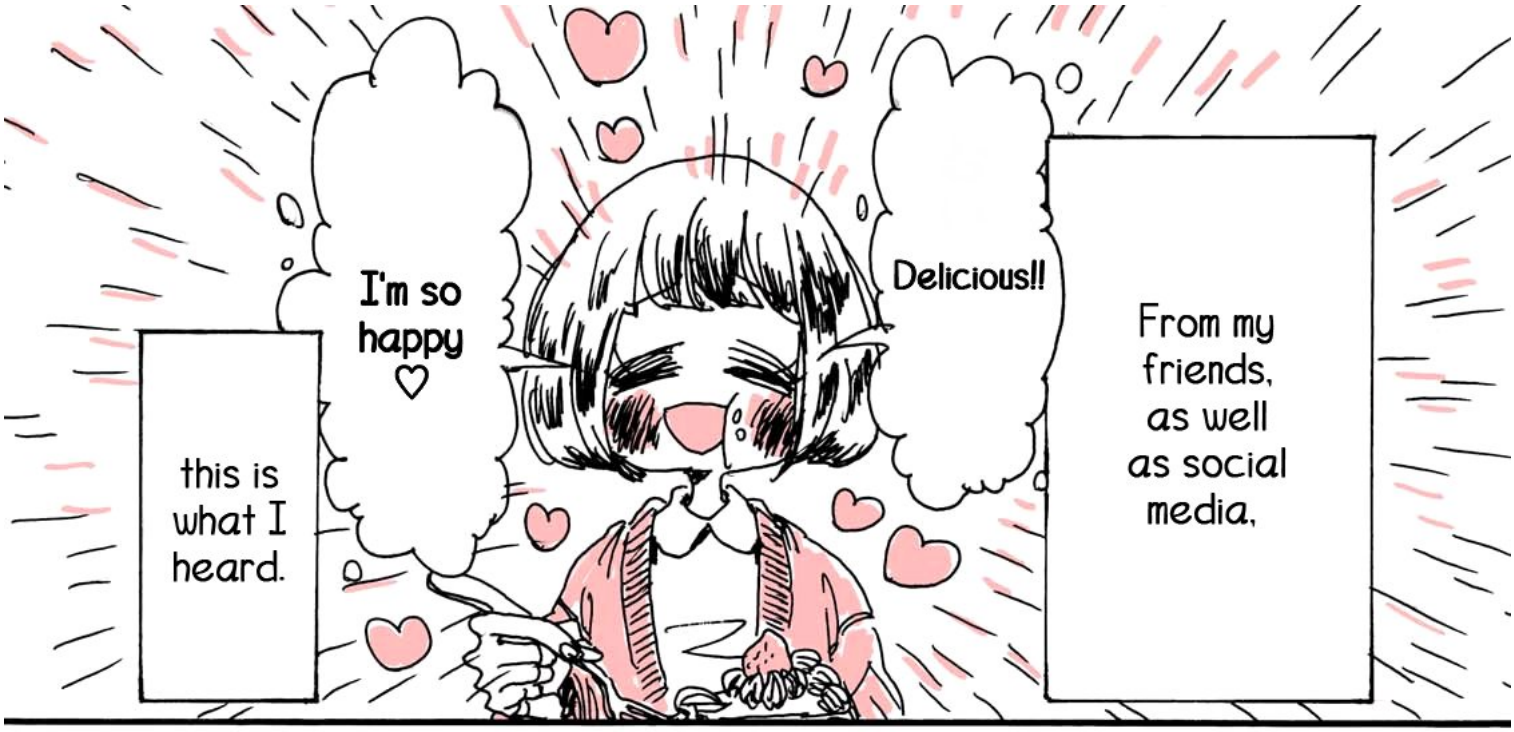

To put it bluntly,
As long as the food tastes good
OK!!
and you can throw up without a problem, it's OK!!
this is how I think.


By the way, a counselor specializing in eating disorders who helped me a long time ago said the same thing:
As long as you can throw up without suffering, that's all that matters.

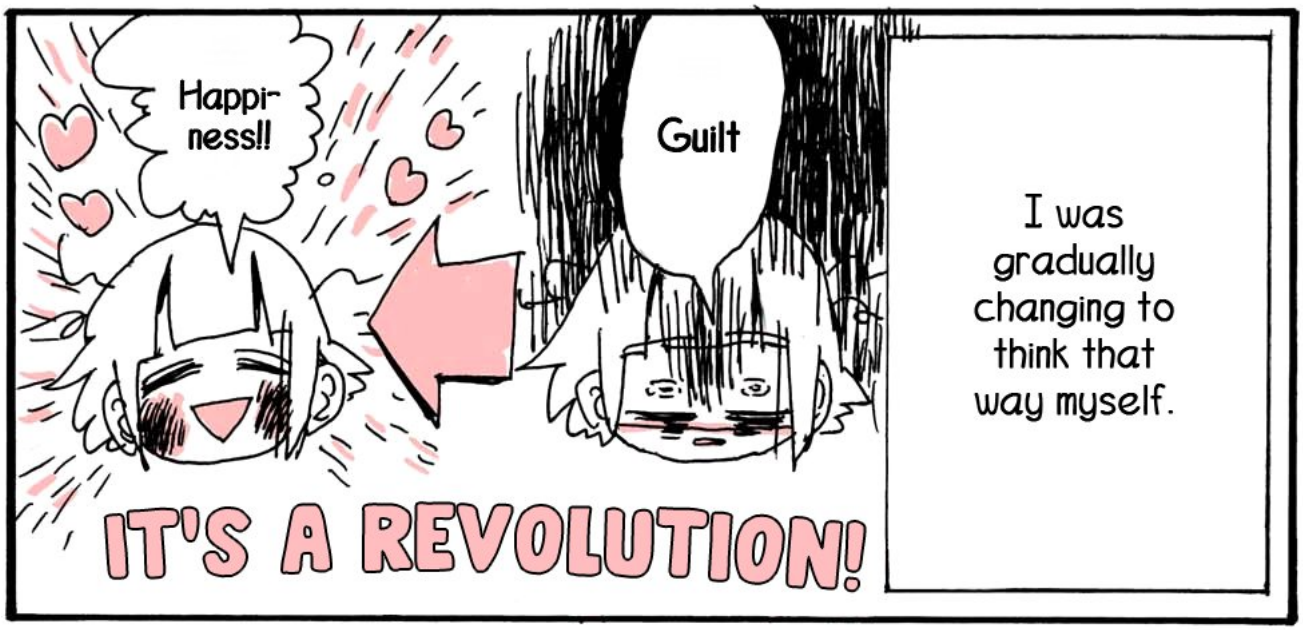

I'm happy that the food tastes good!! (even if I throw up afterwards)
for a few years now.
I've been thinking about something else...


so what was I thinking instead when I ate food?
Delicious food
≠
happiness
I have always thought that "good food" should not be counted among "happy things."

"I feel guilty because I'm eating even though I don't deserve to eat."
was all I could think about.
But a few years ago...
I was eating with a feeling of being far from "happy."

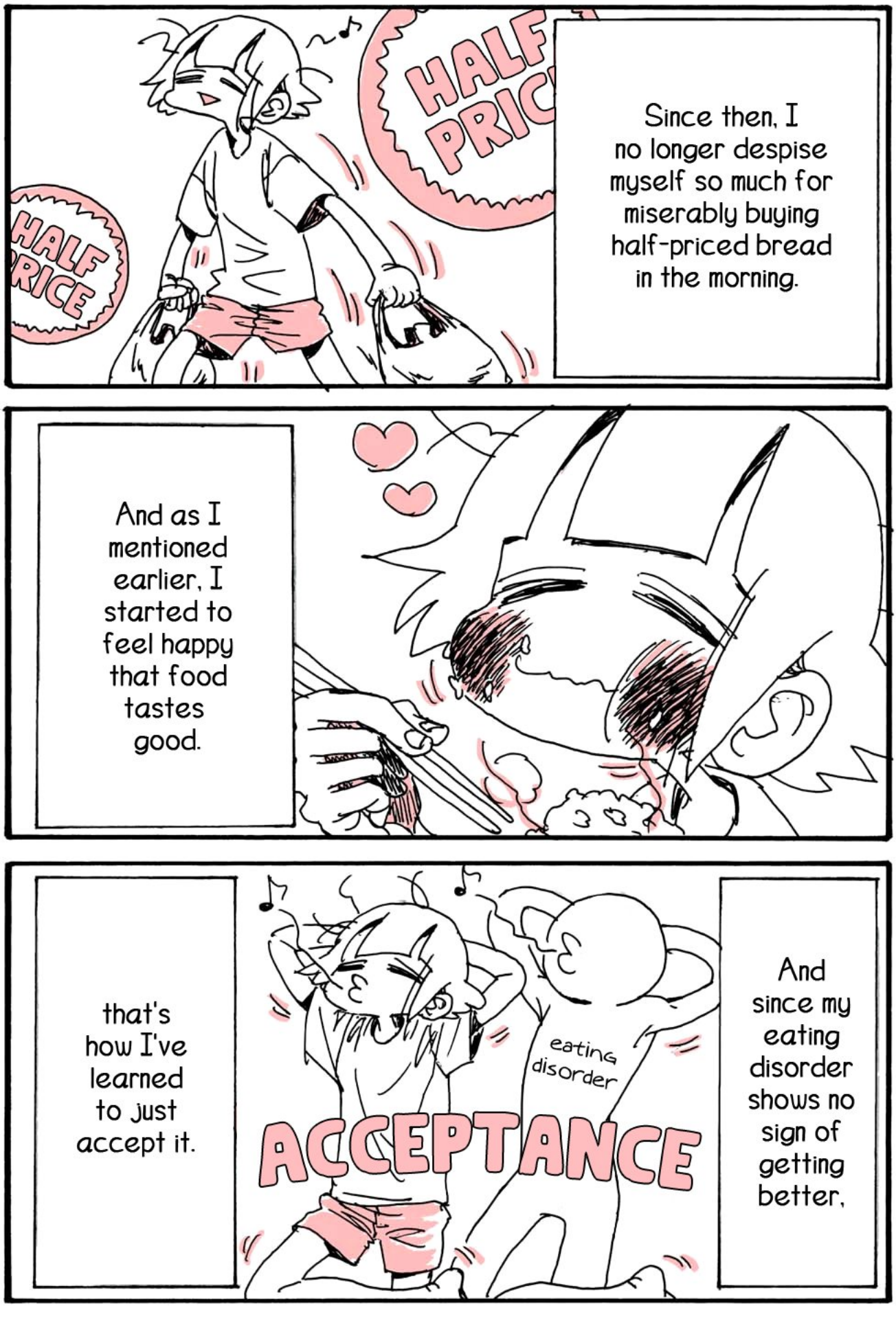

this is what I heard.
I'm so happy ♡
Delicious!!
From my friends, as well as social media,

I was shocked.
So "delicious food" could be counted as happiness...!!


Happi-ness!!
Guilt
I was gradually changing to think that way myself.
IT'S A REVOLUTION!

I'd like to paint a picture of one thing that has stayed with me since then,
and it's that I used to have a part-time job that I couldn't keep, and I had no money, and I'd go buy bread when it was half price, and I'd eat it and throw up.
HALF PRICE
HALF PRICE
HALF PRICE
HALF PRICE
One evening, when I was thinking like this,
It's all over...

I bought a lot of half-priced bread, I came home with a gloomy feeling
and saw a beautiful sunset shining through the window.
And in that moment, I felt so much relief.
The inside of the house and the world itself was sparkling and for a moment I could see it, maybe it's not "over"... even if the days feel like this...


HALF PRICE
HALF PRICE
Since then, I no longer despise myself so much for miserably buying half-priced bread in the morning.
And as I mentioned earlier, I started to feel happy that food tastes good.
that's how I've learned to just accept it.
eating disorder
ACCEPTANCE
And since my eating disorder shows no sign of getting better,

and of course it'd be better to be "cured" of it.

Well, let's get along.

SURVIVAL STRATEGY

eating disorder

I have made "accepting" my eating disorder a kind of survival strategy.

but I think the "alcohol and drugs" mentioned here apply to "eating disorders" as well.

~ommited~

Alcohol and drugs may have served as a "crutch," so to speak, to help them cope with their difficulties in life.

~ommited~

I've quoted it in another book before.

*Source: NHK's official website
"Heart Net TV" [Series: Addictions]
Why do people become addicted?
(Dr. Toshihiko Matsumoto)

I am just saying that there are people like this, and there are ways of thinking like this.
I HOPE IT MAKES YOU FEEL A LITTLE BETTER.
TO EACH THEIR OWN,

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